THE

FEMALE'S GUIDE

TO HEALTH.

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THE FEMALE'S GUIDE TO HEALTH:

CONTAINING

AN ADDRESS TO THE MARRIED LADY,

TOGETHER

With a Complete Treatise

ON

Female Complaints,

AND

MIDWIFERY:

To which is added a few remarks on the management of

INFANTS.

BY JONAH SPAULDING, ESQ.
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ADVERTISEMENT.

As happiness is the desire of every rational person, and the design of the GREAT CREATOR to all mankind, it is of the utmost importance that we not only enjoy it ourselves, but contribute the same to others.

And we trust we shall be credited when we declare, that our present work was not undertaken without duly considering the responsibility attached to such an enterprise; and that our aim most honestly is to be useful. We have endeavored to make the experience of above thirty years available to the best interest of humanity; and should we fail to instruct, we feel confident we shall not grossly mislead.

The author is not insensible of his insufficiency to appear before the female world; but as the time is approaching, when his labors will be ended, he begs the friendly acceptance of his best wishes for their peace and happiness, and his best instruction for their health and prosperity.

Though he has always been kept in the back ground, and never much esteemed by the faculty, no one can boast of better success, especially in the practice of Midwifery; as he has now the gratification to proclaim to the fair sex, that he has never lost a patient in such circumstances.

In the arrangement of our materials, we feel ourselves much indebted to the celebrated work of Doctor Dewees, and from which we do not wish to depart, as it is a method we have successfully pursued for many years.

As this work is designed for the use of females, we have thought proper to omit describing all preternatural cases of parturition.

THE FEMALE'S GUIDE TO HEALTH.

CHAPTER I.

An Address to the Married Lady.

Madam—Whatever your opinion may be, on the conduct of mothers depends in a great measure, not only their own happiness, but that of their children, and their children's children to the latest posterity.

And if every woman would faithfully perform her duty in bringing up her children, the greatest revolution in the morals and health of the world would be the consequence.

"'Tis Education forms the common mind,
Just as the twig is bent, the tree's inclined."

The weight of the task is thought by some, a sufficient excuse for neglecting it. But if there is any duty incumbent on parents, educating their children is surely one.

Their little bodies will first demand our care, inasmuch as a certain growth must take place be-

fore the mind is developed. We proceed, however, but a little while with this charge, before the task is increased; their minds quickly claim our attention.

It is therefore important that we should set out on such a plan as will most facilitate the following considerations;—that is, the establishment of a *sound constitution of the body*, and the formation of *virtuous affections of the mind.*

And the early propensity of children to be in constant action, sufficiently proves the necessity of exercising the body, for establishing and preserving a good constitution.

We must therefore urge upon you the importance of using all proper means for forming in your daughters habits of industry.

Do you ask how these principles of industry shall be established?—Go to your little offspring but three years old; see her patiently endeavoring to handle your scissors, your needle or your thimble; see her little fingers trying faithfully to work up a bit of pastry.

These hints might be considered strong intimations of what your duty is. The case is plain. If you will only take proper advantage of this imita-

tive disposition, you may easily form in your child what habits you please.

But if you neglect to improve this favorable time for instruction, it may forever be too late. The little innocent, for want of proper employment, will turn her attention wholly from the business of the house, and lose her fondness for every thing useful, and indulge in dissipating plays, and would regret the loss of a few minutes from her amusements.

Look around among your female acquaintance, and see where is the greatest share of good health and prosperity. Is it among the idle, the rich, and luxurious, who spend much of their time in bed, and take no exercise except an occasional ride in a coach or sedan? No, madam; the God of Nature has fixed his firm decree, that indolence and health shall never dwell together.

Go see the blooming maid nimbly employing the wheel, cleaning the furniture, regulating the wardrobe, directing the kitchen, superintending the dairy, &c. How cheerfully does she spend the day! how sweet her food! how soft her bed when she reclines herself to rest! Conscious of having spent the day in useful employment, she

feels that sweet composure which the idler never knew.

We do not mean that misses should be constantly kept in the house, nor too closely confined to labor. Such conduct would be unnatural, and subject them to vapours, hysterics, and a train of hypochondriacal affections.

Our design is to enjoin upon you the propriety of early introducing into your family, habits of industry and regularity.

Suppose you regularly divide the time—devoting a certain number of hours for sleep—and a certain number of hours daily, to reading, meditation, and improving your daughters' minds—and a certain number to useful and necessary labor—would you not execute more business in the course of the year, than could be accomplished in the common bustling way? Besides infinitely advancing the happiness of your daughters, by the effect which regularity will produce on the state of the mind.

But the greatest care and attention will be required in order to succeed in this important business. It will not be sufficient for you occasionally to say in your daughters' hearing—"come

girls, you must do this, or do that—Industry is a fine thing—Every body ought to work," &c. No, Madam, you must set the example, and diligently employ yourself in some useful business, and then encourage your daughters to imitate you—and as often as you can do it with any shadow of truth, give them a certain degree of praise. And let your conduct towards them always be such as to convince them that you are their best friend, and that your word is absolute.

CHAPTER II.

Father's assistance necessary in bringing up Children.

The mother is not the only person concerned in the management of children. The father has an equal interest in their welfare, and ought to assist in every thing that respects the improvement of either body or mind. Let no man think to excuse himself from this interesting duty. Whatever may be his occupation, however important may be his calling in life, he is bound by

self-love, by parental affection, and by that patriotic interest which every good man feels in the rising generation, to devote a considerable part of his attention to the government and instruction of his children.

A man hardly deserves the honorable appellation of *a lover of his country*, unless his patriotism will first appear in his attachment to his family, and in the attention he pays to the education of his children. Let him make the greatest pretensions to public spirit, and utter the loudest declamations for the public good; if he be remiss in his parental duties, his *love of country* is mere ostentation. He is at best *an Office-Seeker*.

The prosperity and character of a Nation must ultimately be resolved into that of families and individuals. Every true patriot must therefore feel himself bound to add to the public stock of respectability and happiness, as well by his own best example, as the additional number of good citizens to be raised up under his government and protection, in the capacity of the *father of a family*.

The institution that children bear their father's

name, becomes a powerful excitement in favor of establishing virtuous principles in the minds of our offsprings. If posterity be infamous, they brand disgrace on the name they bear. If respectable, they reflect honor on their respective families.

There is another consideration of still greater importance with those who have faith in divine revelation. Believing all men to be accountable to the GREAT CREATOR, who will judge the world in righteousness—believing that present and future happiness depends on the enjoyment of those tempers of mind which were in CHRIST JESUS, the Christian will feel himself compelled by the fear of God, by the love of truth, and by the consolations of the gospel, to be instant in his exertions to prepare his children, through divine assistance, for the kingdom of Heaven.

CHAPTER III.

AGREEMENT OF PARENTS NECESSARY.

Doctor Witherspoon, in his letters on education,

says: "Husband and wife ought to be entirely one upon this subject; not only agreed as to the end, but as to the means to be used, and the plan to be followed, in order to obtain it. If their opinion happen to differ in any particular, they ought to examine the matter privately by themselves and settle it, so that not the least opposition may appear to the children or servants." Such unanimity will be of great importance in the government of a family. "It will enforce every rule by a double authority, and recommend it by a double example." Without this union, their labors must be more than lost, not only failing to do good, but necessarily creating much evil. For it is as much impossible to educate a family properly, where there is contention between husband and wife, as for midnight darkness to reflect the light of noon-day.

Method of establishing Family Government.

"I would recommend to every parent to begin the establishment of government much more early than is commonly supposed to be possible: that is to say, from about the age of eight or nine

months. You will perhaps smile at this, but I do assure you from experience, that by setting about it with prudence, deliberation and attention, it may be in a manner completed by the age of twelve or fourteen months. Do not imagine that I mean to bid you use the rod at that age; on the contrary, I mean to prevent the use of it, and point out a way by which children of mild and easy tempers may be brought to such a habit of compliance, as never to need correction at all; and whatever their tempers may be, so much less of this will be sufficient. This is one of my favorite schemes; let me try to explain and recommend it."

"Habits in general may be very early formed in children; an association of ideas is, as it were, the parent of habit. If then you can accustom your children to perceive that your *will* must always prevail over theirs when they are opposed, the thing is done, and they will submit to it without difficulty or regret."

"To bring this about, as soon as they begin to show their inclination by desire or aversion, let single instances be chosen now and then (not too frequently) to contradict them. For example, if

a child show a desire to have any thing in his hand with which he is delighted, let the parent take it from him, and when he does so, let no consideration whatever make him restore it at that time. Then at a considerable interval, perhaps a whole day is little enough, especially at first, let the same thing be repeated. In the mean time it must be carefully observed that no attempt should be made to contradict the child in the intervals. Not the least appearance of opposition, if possible, should be found between the will of the parent and that of the child, except in those chosen cases, when the parent must always prevail."

"I think it necessary that these attempts should always be made and repeated at proper intervals by the same person. It is also better it should be by the father, than the mother or any female attendant, because they will necessarily be obliged in many cases, to do things displeasing to the child, as in dressing, washing, &c. which spoil the operation. Neither is it necessary that they should interpose, for when once a full authority is established in one person, it can easily be communicated to others, as far as it is proper.

Remember, however, that mother or nurse should never presume to condole with the child, or show any signs of displeasure at his being crossed; but on the contrary, give every mark of approbation, and of their own submission to the same person.

"This experiment frequently repeated, will in a little time so perfectly habituate the child to yield to the parent, whenever he interpose, that he will make no opposition. I can assure you from experience, having literally practiced this method myself, that I never had a child of twelve months old but who would suffer me to take any thing from him or her, without the least mark of anger or dissatisfaction; while they would not suffer any other to do so, without the most bitter complaints. You will easily perceive how this is to be extended gradually, from one thing to another, from contradiction to commanding, &c."

The Subject Continued.

"There is a great diversity in the temper and disposition of children; and no less in the penetration, precedence and resolution of parents, From these circumstances, difficulties arise, which

increase very fast as the work is delayed. Some children have naturally very stiff and obstinate tempers, and some have a certain pride, or if you please, greatness of mind, which makes them think it a mean thing to yield. This disposition is often greatly strengthened in those of high birth, by the ideas of their own dignity and importance instilled into them from their mother's breast. I have known a boy of six years of age, who made it a point of honor not to cry when he was beat even by his parents. Other children have so strong passions, or so great sensibility, that if they receive correction, they will cry immoderately, and either be, or seem to be affected to such a degree as to endanger their health or life. Neither is it uncommon for the parents in such a case to give up the point, and if they do not ask pardon, they give very genuine marks of repentance and sorrow for what they have done.

But it must always be remembered that the correction is wholly lost which does not produce absolute submission. Perhaps I may say that it is more than lost, because it will irritate instead of reforming them, and will instruct or perfect

them in the art of overcoming their parents, which they will not fail to manifest on a future opportunity. It is surprising to think how early children will discover the weak side of their parents, and what ingenuity they will show in obtaining their favor, or avoiding their displeasure. I think I have observed a child in treaty or expostulation with a parent, discover more consummate policy at seven years of age, than the parent himself, even when attempting to cajole him with artful evasions and specious promises. On all these accounts, it must be a vast advantage, that even memory itself shall not be able to reach back to its beginning."

"Most children manifest a disposition to exert their will in opposition to that of their parents, before they are twelve months old; and the more they are indulged, the more perverse they grow, till at length their insolence and petulance become intolerable. There are some families, not contemptible either in station or character, in which the parents are literally obedient to their children, are forced to do things against their will, and chidden if they discover the least backwardness to comply. Therefore as soon as possible an entire

and absolute authority should be established over them."

"I would have it early," says the Doctor, "that it may be absolute, and absolute that it may not be severe. If parents should be too long in beginning to exert their authority, they will find the task very difficult. Children habituated to indulgence for a few of their first years, are exceedingly impatient of restraint, and if they happen to be of stiff or obstinate tempers, can hardly be brought to an entire, at least to a quiet and placid submission; whereas if they were taken in time, there is hardly any temper but that may be made to yield, and by early habit the subjection becomes quite easy to themselves."

"The more complete and uniform a parent's authority is, the offences will be more rare; punishment will be less needed, and the more gentle kind of correction will be abundantly sufficient. We see every where about us examples of this. A parent that has once obtained, and knows how to preserve authority, will do more by a look of displeasure, than another by the most passionate words and even blows. It holds universally in families and schools, and even in the greatest

bodies of men, the army and navy, that those who keep the strictest discipline, give the fewest strokes. I have frequently remarked that parents, even of the softest tempers, and who are famed for the greatest indulgence to their children, do, notwithstanding, correct them more frequently, and even more severely, though to very little purpose, than those who keep up their authority. The reason is plain. Children by foolish indulgence, become often so froward and petulant in their tempers, that they provoke their easy parents past all endurance; so that they are obliged, if not to strike, at least to scold them, in a manner as little to their own credit, as their children's profit."

CHAPTER IV.

Means of Preserving Authority.

"Whatever authority you exercise over either children or servants, or as a magistrate over other citizens, it ought to be dictated by conscience, and directed by a sense of duty. Pas-

sion or resentment ought to have as little place as possible; or rather to speak properly, though few can boast of having arrived at full perfection, it ought to have no place at all. Reproof or correction given in a rage, is always considered by him to whom it is administered, as the effect of weakness in you, and therefore the demerit of the offence will be either wholly denied or soon forgotten. I have heard some parents often say, that they cannot correct their children unless they are angry; to which I have usually answered, then you ought not to correct them at all. Every one would be sensible that for a magistrate to discover an intemperate rage in pronouncing sentence against a criminal, would be highly indecent."

"He who would preserve his authority over his children, should be particularly watchful of his own conduct. You may as well pretend to force people to love what is not amiable, as to reverence what is not respectable. A decency of conduct therefore, and dignity of deportment, are highly serviceable for the purpose we have now in view. Lest this, however, should be mistaken, I must put in a caution, that I do not mean

to recommend keeping children at too great a distance, by an uniform sternness and severity of carriage. This, I think, is not necessary, even when they are young; and to children of some tempers, it may be very hurtful when they are old. But by dignity of carriage, I mean parents always shewing themselves to be cool and reasonable in their own conduct, prudent and cautious in their conversation with regard to the rest of mankind, not fretful or impatient, or passionately fond of their own peculiarities; and though gentle and affectionate to their children, yet avoiding levity in their presence. I would have them cheerful yet serene. Their familiarity should be evidently an act of condescension. That which begets esteem, will not fail to produce subjection. Every expression of affection and kindness to children, is proper when it is safe; that is to say, when their behaviour is such as to deserve it. There is no opposition at all between parental tenderness and parental authority. They are the best supports to each other. It is not only lawful but will be of service, that parents should discover the greatest fondness for their children in infancy, and make them perceive distinctly, with

how much pleasure they gratify all their innocent inclinations. This however must always be done when they are quiet, mild and submissive in their carriage. Some have found fault with giving them, for doing well, little rewards of sweet meats and play things, as tending to make them selfish, &c.; this is refining too much. The great point is, that they always be rewarded for doing good, and not for doing evil. When they are cross and froward, I would never buy peace, but force it. Nothing can be more weak and foolish, or more destructive of authority, than when children are noisy and in an ill humor, to give them or promise to give them something to appease them."

The Subject Continued.

"When the Roman Emperors began to give pensions and subsidies to the northern nations to keep them quiet, a man might have foreseen without the spirit of prophecy, who would be master in a little time. The case is exactly the same with children; they will soon avail themselves of this easiness in their parents, to command favors,

instead of begging them, and be insolent when they should be thankful."

"The same conduct ought to be uniformly preserved as children advance in understanding. Let parents try to convince them how much they have their real interest at heart. Sometimes children will make a request, and receive a hasty or forward denial; yet upon reflection, the thing appears not to be unreasonable, and finally it is granted, and whether it be right or wrong, sometimes by the force of importunity it is extorted. If parents expect either gratitude or submission for favors so ungraciously bestowed, they will find themselves egregiously mistaken."

"It is their duty to prosecute, and it ought to be their comfort to see the happiness of their children; and therefore they ought to lay it down as a rule, never to give a sudden or hasty refusal; but when any thing is proposed to them, consider deliberately and fully whether it is proper, and after that, either grant it cheerfully or deny it firmly."

CHAPTER V.

Contention between Husbands and Wives.

Through the imperfection there is in mankind, it too often happens that husbands and wives are very much disappointed and deceived in their matrimonial contracts, and have great cause to repent of their bargain the remaining part of their lives. In which case they are not only unhappy themselves, but if they have children, the family is disorganized throughout—frequently interrupting whole neighborhoods.

Such circumstances are to be lamented; and it is truly astonishing to see the foolish, perverse, and sometimes malicious conduct between husbands and wives. And if this little work should fall into the hands of any such persons, let me entreat you by self-love—by the love of your partner in life—by the regard you may have for society—to consider the sad consequences of indulging strife, envy, and disputations between husbands and wives. Remember that such conduct is odious to society—and that your children will repent their parentage, and that your infa-

mous name will descend to the latest posterity. Therefore, whoever may have been in the fault, do not wait one for the other to shew marks of contrition. Let it rather be the emulation between you, who shall have the credit of making the first advances towards a reconciliation. The parties should look over each other's faults, and contemplate one another's excellencies. Nothing else will do. But mutual love and tenderness, properly preserved, will secure to you the greatest earthly blessing. In proportion to the want or loss of these, you are miserable for life.

CHAPTER VI.

Old Age, and Mortality.

The human species are constantly exposed to the shafts of death in various forms. Innumerable dangers hang as by a hair, over the destinies of man. To *intemperance* and *casualties*, must be added, *pestilence*, *sword* and *famine;* and the *gleanings of old age* to finish the great work of *mortality*. Although tenacious of life and its

enjoyments, man is often accessary to his own premature dissolution. Unmindful of the laws of nature and morality, he yields himself a votary to licentiousness and vice, and plunges headlong down the precipice of destruction. There is nevertheless implanted in the human breast, an unconquerable abhorrence of death, and a radical principle, by which we are attached to this mortal state, although we suffer pain and sorrow, and all the infirmities of extreme old age, and the numerous calamities which afflict mankind. In a moral point of view, longevity must be estimated as an object of the utmost importance, as it carries man forward to a period when the violence of the most impetuous passions have subsided, and the temptations to irregular and dangerous inclinations can have little influence on the heart; when the affections of the soul are weaned from this transitory state, and a more favorable opportunity is afforded of preparing it for the enjoyment of the promised *life everlasting*. Since by the constitution of our nature, we are solicitous of protracting the short span, it becomes both our duty and interest, to examine minutely into the various means by which health

and length of days may be obtained. It is first to be remarked that longevity, in most instances, is to be ascribed to an hereditary disposition, or an innate principle difficult to be explained, but which, like many family diseases, is propagated from one generation to another. Healthy, long-lived parents, commonly transmit to their offspring the same inestimable inheritance, and it would be more frequently enjoyed, were it not for their own habitual irregularities, which so evidently tend to the abbreviation of human life.

It appears from observation founded on experience, that if we can pass a certain period of life in the fulness of health, the probability is greatly in favor of living to a considerable age. This critical period is supposed to be in most constitutions, about the 63d year; and it is a just observation, that the human constitution begins at that time, if not sooner, to experience a rapid decay of strength and energy.

The habit of early rising from bed, daily exercise, or moderate labor, are among the salutary means to be recommended for the preservation of health, and the prolonging of life. It has been asserted, that in every instance of remarkable

longevity, the person had been from his youth accustomed to early rising. Uniformity in the state of the atmosphere, particularly in regard to heat and cold, the avoidance of close hot rooms, the keeping the feet warm and dry, contribute in a considerable degrée to the enjoyment of health, and the duration of life. These, with moderation in every thing that relates to both body and mind, a rigid adherence to the habits of virtue, and in every vicissitude to endeavor as much as possible to preserve a calm and tranquil state of mind, constitute the means of greatest efficacy for the attainment of that healthy condition which is the most favorable to a happy *old age*.

CHAPTER VII.

Diseases of Women.

The natural structure of the constitution of women is such, as subjects them to several peculiarities different from men; consisting chiefly in their periodical evacuations, pregnancy and child-

bearing. A regular course of which is an established law of nature, and cannot be called disease; yet from improper management in such situations, they often become the source of numerous calamities, frequently occasioning disease, pain, and even death itself. We shall, therefore, for the benefit of the fair, endeavor to point out the most likely means of avoiding these evils, and securing to them a happy longevity.

Of the Womb.

As most of the complaints which we shall treat of in the following work, originate from the womb, it will be necessary in the first place to give a brief anatomical description of that organ. It is situated in the cavity of the pelvis, at the lower part of the abdomen, between the urinary bladder and rectum. In shape, it nearly resembles a compressed pear. In an adult, when unimpregnated, it is about three fingers breadth in length, two in width in its broadest part, and one in thickness. It is divided by anatomists into the fundus, which is its upper part, the body or middle part, the cervix or neck, which is the

lower and narrow part, and the orifice which is called *os uteri*, or mouth of the womb, which opens into the vagina, forming a round protuberance.

The substance of which the womb is composed, has long been a matter of dispute with anatomists and physiologists; and is not yet decided in what manner the fibres of the womb dispose of themselves in composing this organ; but sufficient is known of its structure, we believe, to warrant the declaration that its office as regards labor, is performed by the power of muscular contraction.

There is no organ in the human body from whose structure so little can be inferred, as from that of the uterus or womb. In its unimpregnated state, there is no appearance of a capacity for distention; but on the contrary, nothing is observed but dense unyielding walls, that would seem to bid defiance to any power that would attempt it—and we can hardly conceive of the immense force which it is destined to exert in relieving itself of conception; nor can we imagine the immense size of its vessels at the full period of gestation, and the diminutive, nay, almost im-

perceptible ones in its empty state. So wonderful and so varied are the changes which this organ undergoes from impregnation.

The cavity of the virgin uterus is small, scarcely admitting an almond, and somewhat of a triangular shape, and is lined with a very thin membrane. It is covered over with a production of the peritonæum, or membrane which lines the belly; two portions of which, one on each side, fasten it to the side of the pelvis, and are called the ligamenta lata, or broad ligaments.

On each side of the uterus, for the purpose of propagating the human species, there are situated two appendages, the one called Fallopian tubes, from the discoverer, Fallopius; the other ovaria, from their containing several vesicles which include the fœtal embryos. The former opens into the womb by two small orifices; from these orifices each tube passes somewhat transversely, and ends with its extremity turned downward, gradually augmenting at the ovaria. The OVARIA are two oblong bodies about the size of a common nutmeg, flattened on each side, and inclosed together with the tubes in a duplicature of the broad ligament of the uterus. They are situated

about two inches from the sides of the womb, yet above the Fallopian tubes to which they are attached, and furnish whatever may be contributed by the female towards the formation of a new being.

The womb is furnished with blood from the hypogastrics, by which likewise the greater part of the vagina is supplied.

Vagina, or canal of the womb, is a membranous tube which begins between the nymphæ, and ascends directly to the mouth of the womb, which seems to hang as it were in it. It is composed of three membranes: the first is cellular from the peritonæum, the second muscular, and the third or innermost is rugose, or wrinkled. Between the two last membranes, a number of mucous glands are situated, which secrete the mucus of the vagina.

Pelvis.—The pelvis is a cavity situated below the belly, in shape somewhat like a bason. In the adult it is composed properly of four bones, viz. two ossa innominata, the sacrum and os coccygis, or lower extremity of the back bone.

A variety of means have been proposed for measuring the pelvis, in order to ascertain the

diameters of its various parts which are essentially concerned in the passage of the child. Much ingenuity has been expended with a view to, and hope of, accuracy; but we have reason to fear that none hitherto projected has attained this end.

It is stated, however, by some authors, and pretty justly too, that the head of a *full grown fœtus* can never pass through a pelvis whole, that is less than two inches and three quarters.

Having given a sketch of the anatomy of the uterus, we now think proper to speak something of its derangements; and first of the Menses.

CHAPTER VIII.

Of the Menses.

The Menses are that monthly evacuation of coloured fluid which takes place from the womb about the age of fourteen or fifteen, and terminates about forty-five or fifty—so called from the Greek word *mene*, a month, that being the usual time of their periodic appearance. They are also called, for the same reason, menstrua, or catamenia. The

effect of this phenomenon establishes a capability of child-bearing. Though salutary when it flows regularly and in due proportion, it is always attended with disagreeable consequences when it is either profuse or defective, or altogether obstructed. At the age of puberty, when the menses first begin to flow, the constitution undergoes a very considerable change in many respects; generally indeed for the better, though sometimes for the worse. The greatest care and prudence is now necessary; for on the conduct of females at this critical period of life, in a great measure depend their future health and happiness, as all its subsequent returns are intimately connected with the first.

The lapse of a certain number of years is not all that is required for the menses to make their appearance. The breasts must be enlarged, the uterus developed, and other evident marks of womanhood, before this event shall take place; and when these are absent, it would be cruel and dishonest, merely because a girl had attained her fourteenth or fifteenth year, to subject her to medical rule, or goad her system by stimulating emmenagogues. The quantity of fluid discharg-

ed, varies according to the climate, and the constitution of the woman. In this country, however, in general, the usual quantity is about four or five ounces, gradually discharged during the space of from three to six days, at each menstrual period. In warm climates it is said to begin earlier, and to depart proportionably sooner than it does in cold climates. The menses are naturally suspended during pregnancy, and while nursing; but if suckling be continued too long, the menses return and the milk sometimes disappears. The revolution which these periodical evacuations produce in the female constitution is not affected all at once; a number of preceding symptoms announce its approach. A general languor and weakness, depraved appetite, impaired digestion, frequent headache, a sense of heat, weight, and dull pain in the loins, distention and hardness of the breast, lassitude and paleness of the countenance, often distress the young female several weeks or even months before the menses appear; but soon cease after the evacuation takes place. On the appearance of the above symptoms at the age which the menses usually begin, instead of shutting the poor girl up in the house, let her be

placed in a situation where she can enjoy the benefit of free air, wholesome food, agreeable company, taking sufficient exercise, and amusing herself in the most agreeable manner; and we have little reason to fear, but nature thus assisted, will do her proper work. Indeed, she never fails unless where the fault is on our side. During the progress of menstruation the greatest care should be observed to avoid every thing that may tend to obstruct it—particularly wetting the feet, damp clothes, humid air, &c. Females should be cautious of what they eat or drink at the time the menses flow. Every thing that is cold, or apt to sour on the stomach, should be avoided; as unripe fruit, and all kinds of food that is hard of digestion.

Attention ought likewise to be paid to the mind, which should be kept as quiet as possible. Anger, fear, grief, and other affections of the mind, often occasion obstructions of the menses, which sometimes prove absolutely incurable.

Obstruction of the *menses* is often the effect of other maladies. When this is the case, instead of giving medicine to force that discharge, which might be dangerous, we ought by all means to en-

deavor to restore the patient's health and strength. And when that is effected, the other will return of course.

Nothing is more hurtful to females about this period of life than strait clothes. Human invention could not have contrived a more effectual method to obstruct menstruation, than the present fashion of females. Fond of a fine shape, they vainly imagine that it can be acquired by lacing themselves as tight as possible with the application of a busk. Could they be made sensible of the folly, and absolute danger of thus compressing the vital parts, they would readily relinquish all claim to genteel appearance, rather than incur the hazard which might attend this baneful practice. Some instances of fatal accidents, attributed to this cause, have already occurred. Doctor Buchan, who wrote about fifty years ago, says—"I know many females who, to this day, feel the direful effects of that wretched custom which prevailed about the middle of the last century, of squeezing every girl into as small a size in the middle as possible."

When the menses do not begin to flow at the time which is usually expected, it is termed *reten-*

tion; but when after having taken place, they cease to return at the proper periods, except during pregnancy, it is called *suppression*; both of these are implied in the technical term of *amenorrhœa.* Upon which we shall now proceed to make a few remarks.

Retention of the Menses, or Green Sickness.

If regular menstruation does not take place at the usual period, it is not always immediately attended with danger or disease; though after some length of time, a variety of morbid actions supervene, constituting the disorder under consideration; such as heaviness, languor, pain in the back, loins and hips, costiveness and dyspepsia. After a while, from a pale, the face becomes of a yellowish hue, and sometimes somewhat green; hence the term *Green Sickness.* The countenance and whole body exhibit a want of energy, hurried respiration, cough, and sometimes leucorrhœa and hectic fever, and even death itself.

In the cure of this complaint, a regular course of exercise should be established, in order to in-

vigorate the system; as riding on horseback, walking, skipping the rope, and moderate dancing, &c. Proper attention ought likewise to be paid to dress, keeping the feet and legs warm, and wearing flannel next to the skin in cold weather; carefully avoiding damp and wet places, and partial streams of cold air, especially when warm.

Having pursued this plan a sufficient length of time without success, the following remedy should be employed; as long experience has convinced us of its utility in removing amenorrhœa. Aloes two parts, green vitriol one part, finely powdered together; of which the patient may take eight or ten grains, morning and evening, or sufficient to keep the bowels free, more or less. It may be conveniently taken in a little molasses; regulating the quantity by the effect which it produces on the system.

We generally recommend the application of a plaster of Burgundy pitch to the small of the back, and friction, or rubbing the feet and legs briskly with a woollen cloth, when going to bed.

CHAPTER IX.

Obstruction of the Menses.

However well the menses may be established, they are subject to be interrupted from a variety of causes independent of pregnancy. And cold in some form or other, is generally the remote cause of this suppression. Yet some young women at this critical period, pay so little regard to the consequences of a derangement in their courses, that we have known some designedly interrupt them by immersing their feet in cold water, standing upon the bottom of a cold cellar, and otherwise exposing themselves, when engaged for a visit or party of pleasure.

If cold be applied as the menses are about to appear, or while flowing, the patient is frequently attacked with violent pain in the head, back, or bowels, and these with such force too, as to give great alarm. We have sometimes known temporary derangement, violent hysteria, and severe colics, to result from this cause. For the relief of these, some blood should be taken from the arm immediately, and the patient wrapped in

blankets dipped in warm water; and if complicated with hysteria, a dose of opium in combination with assafœtida should be administered; and for the time being, the complaints must be treated as if they were independent of such cause; for we can very rarely re-establish the discharge at the present moment, when it has been thus interrupted; nor should it always be attempted, as sometimes much injury is done by the means. Ten or fifteen grains of Ipecacuanha will sometimes be useful, and purgative medicine should never be neglected. If considerable pain be experienced in the region of the womb, hot fomentations should be applied to the bowels; and if colic supervene, "nothing," says Doctor Dewees, "has so entirely afforded relief, as half ounce doses of Elixir Proprietatis, given in sweetened milk."

We would here observe, that we do not look upon every little deviation from regular menstruation as a sufficient cause to subject a young female to medical rule; this would be condemning her to most improper discipline. It often happens with hale young women that a suspension takes place from cold, or emotion of the mind, which

after a while return without medical application, or even the slightest inconvenience. We should never interfere in such cases, unless there be some evident marks that the health is suffering by the absence of this evacuation. In which case the remedies should vary according to the state of the system, and cause of the derangement.

When suppression of the menses proceeds from affections of the mind, as grief, fear, anger, &c. every method should be employed to amuse and divert the patient's mind. And that she may the more readily forget the cause of her affliction, she ought, if possible, to be removed from the place where it happened. A change of place, by presenting the mind with a variety of new objects, has often a very happy influence in relieving it from the deepest distress. A soothing, kind, and affable behaviour to females in this situation, is also of the utmost importance.

When from the application of cold during the interval of menstruation, or other causes interrupting the menses, the system becomes disordered, we have occasionally employed the lancet, and sometimes an emetic is necessary. The bowels should be kept free by the use

of mild purgatives, as rhubarb, senna, or the common soap pill will answer very well, together with light diet, regular exercise, wearing flannel next to the skin, especially in cold weather. But when the complaint appears to be obstinate, the same course must be pursued as directed in the preceding chapter for retention of the menses.

Immoderate flow of the Menses.

When from plethora, or a morbid state of the system, menstruation returns once in two or three weeks, it may be considered a salutary evacuation, and not coming under medical jurisdiction. Particular attention must be paid to the effect it has upon the individual so circumstanced. Should it not appear to entail debility, we have no right to call the discharge excessive, or immoderate—for it is only so, as compared with others who may evacuate less, yet be in no better health. Therefore, so long as it does not impair the constitution, it should never be meddled with; as one woman will lose twice as much of the menstruous fluid as another, without suffering in the

least degree from this appearance of excess. But should this complaint by frequent returns and copious evacuations prove excessive, and thereby induce debility and other evils, the patient should take three or four times in a day a strong infusion of oak bark, in which a little alum may be dissolved; or ten or twelve grains of equal parts of Catechu and alum finely powdered, may be employed every four hours, or as the emergency of the case may require.

This complaint has been constantly confounded with hemorrhage from the womb, because it always commenced with a clear menstrual evacuation, which would continue for two or three days, and then be followed with a discharge of pure blood; all of which by careless observers, has been classed under an "immoderate flow of the menses," though it exhibits an important difference, and they may pretty generally be distinguished the one from the other, as the catamenia has never been known to coagulate, while in hemorrhage, the blood is frequently clotted. And should this confusion be carefully discriminated, I believe we should find comparatively but few cases of excessive menstruation. In which

case the treatment is precisely the same as that of uterine hemorrhage in general; and which will be minutely detailed when we come to treat on that subject, to which we would beg leave to refer.

Of Painful Menstruation.

The married and the single woman are both alike subject to this distressing complaint, during any part of the menstruating period of life. It is not only one of great suffering, but frequently of great obstinacy, and the causes are often so hidden, as not to be comprehended. The most common however, are the application of cold in some form or other. And it is sometimes occasioned by a diseased state of the uterus.

The sufferings of this complaint at the menstrual period, are sometimes severe beyond description. It resembles in point of intensity a labor or an abortion, for to either it may be said to have a strong analogy. "*Never till now,*" said a young woman, "*did I believe that the human species were capable of enduring such pain.*" It usually commences by a slight menstruous dis-

charge, which is pretty suddenly arrested, and the pain almost instantly commences, which is described by women as a forcing, bearing down pain, returning at longer or shorter intervals, until a membranous substance, or small coagula are discharged. After which, the woman enjoys ease, unless there be a fresh production, in which case, the contractile powers of the womb will again be required for its expulsion.

Besides the alternate or labour like pains we have just mentioned, the breasts are often sympathetically affected and extremely painful; and there is almost always a permanent pain in the back, hips, and loins, which continues until the alternate cease. Indeed this aching pain sometimes precedes the other, and announces the discharge to be near at hand, which continues from a few hours to several days, varying from a few grains to over a gill.

In the cure of this complaint, for the time being, the patient should take ten or twelve grains of camphor finely powdered, with one grain of opium. But if the pain continue severe, nothing will so effectually remove it as forty or fifty drops

of laudanum, injected up the vagina with half a gill of warm water.

To prevent a recurrence of pain, the patient should drink freely of linseed tea, especially a few days previous, and during the menstrual period. The following mixture has sometimes afforded relief: Gum Arabic two parts, Gum Aloes one part, rhubarb one part, and four parts of white sugar, powdered together. Take a teaspoonful morning and evening, or sufficient to keep the bowels free. It may be taken in simple syrup, or a little brandy and water if preferred.

Doctor Dewees, for the space of thirty-five years, successfully employed the volatile tincture of guaiacum, directing a teaspoonful morning and evening, in a wine glass full of sweetened milk or wine. If it becomes necessary to continue the use of it four or five weeks, the dose may be increased. It has been observed, that where this medicine has been decidedly useful, is where the first menstrual period after its use, was more than common severe.

As the tincture Dr. Dewees employs is different from the tincture of the shops, we think it just to subjoin his form.

R. Gum Guaiacum, powdered, 4 oz.
Carbon. sod. or Potash, 1 1-2 drachm,
Allspice, powdered, 1 oz.
Common Spirit, 1 lb.

Digest for a few days. To which may be added, the volatile spirit of sal ammoniac, in proportion of a drachm or two to every four ounces of the tincture; less or more, agreeable to the state of the system.

CHAPTER X.

Of the Decline of the Menses.

It has been mentioned that menstruation prepares the female constitution for impregnation; so its departure carries with it that attribute. This seems to be founded in wisdom and beneficence, as it prevents child-bearing beyond that period at which the mother would be capable of extending that care to her offspring which its feeble state requires, or secure it from the common chance of human life; and thus consequently submit her child to the doubtful management of strangers,

or subject it to the waywardness and caprice of those who could not feel a parent's affection, or would not yield a mother's devotion to its many necessities and wants, at a period in which its helpless condition would most require the kindest offices.

The period of life at which the menses cease, as well as that of their first beginning, is undoubtedly to be considered a critical and important period; for the constitution must undergo a very considerable change, by a total suppression of a long accustomed evacuation. Yet this change is sometimes so silently effected, that the woman scarcely notices her altered condition, until the diminished quantity gives warning that it is about to take its leave forever; while again, the irregularity both in period and quantity is such as justly to excite alarm, as well as to produce the most serious danger. There is sometimes an absence of this discharge for two or three months, accompanied with symptoms which are often mistaken for pregnancy, and then return with excessive flooding.

The common error that women at this period of life are always in danger, is so replete with

mischief to the suffering sex, that we may very justly suspect it to be the cause of many of the distressing symptoms which sometimes accompany this interesting period of females. "Therefore we feel it a duty," says Doctor Dewees, "to declare, and that loudly, that they are not necessarily more obnoxious to disease at this than any other period of their existence." It must be acknowledged, however, that if there be a disease in the constitution, and especially in the womb, it will be likely to proceed more rapidly when the menses cease, by being deprived of that local discharge by which they were before relieved.

However, we think proper to say a few words upon the occasional irregularities of the menses, both as to period and quantity. The periods of return may be anticipated or protracted; and the quantity may be very small or pretty excessive, or it may employ a great many days for its evacuation without the aggregate quantity being very great. We have constantly advised against any interference at this period of life, for mere irregularity, or irregularity with a diminished discharge, and for this plain reason, that no other incon-

venience whatever is experienced, and this is so trifling as not to merit consideration.

Notwithstanding if the cessation of the menses be sudden, in women of full habit, we would advise small and repeated bleedings, light diet, daily exercise, keeping the bowels free by mild purgatives, as salts, cream of tartar, castor oil, &c. But if the discharge happen to be excessive, the patient so circumstanced, should be immediately confined to a horizontal position, and strictly forbidden motion of every kind, even turning in bed. The air in the room should be temperate, and the drinks cooled. Folds of linen dipped in cold water may be applied to the lower parts of the abdomen; and ten or twelve grains of catechu and alum finely powdered, with a little opium, should be administered, and repeated every hour, or as the case may require. We have repeatedly seen the discharge of blood at this period of life, so enormous and so rapid as to threaten almost instant exhaustion. When so excessive as this, it can only be met by the most prompt applications of the most efficient remedies.

Notwithstanding the immense loss of blood which sometimes takes place suddenly at each

period of return of this hemorrhage, it does not always prevent a moderate draining of this fluid, after the violence of its issue is much abated. Hence we sometimes find a greater or less discharge almost always present. This renders the woman not only very feeble, but keeps her mind in a state of extreme apprehension from one period to the other. And strange as it may appear, a few ounces of blood even in this critical case, must sometimes be abstracted from the arm during the interval of each period, especially towards the time which the disorder has assumed for its movement.

To aid the vessels to contract, the patient should be confined strictly to a vegetable diet, or to a diet of milk, if this should agree with her. All kinds of strong liquor and spices should be avoided, and exercise absolutely forbidden. The patient should repose herself on a bed, as often as she may feel a little fatigued by sitting up. The feet and legs, however, should be kept warm; and if habitually cold, should be daily rubbed with a woollen cloth moistened with a little brandy.

The bowels must be kept freely open by the

exhibition of some mild purgative, such as rhubarb, sulphur, magnesia, &c. But perhaps *aloes* might be preferred, though seldom employed.

No class of medicines has done so much mischief in the complaint we are treating of, as *tonics*. From a wrong view of the disorder in question, it has but too generally been treated as one of debility; consequently all the most powerful tonics have been put in requisition for its cure. Bark, steel, wine, and all the bitters have again and again been vainly employed, and the patient at length abandoned to the ravages of disease, because it could not be conquered by tonics. Three pounds of bark have been taken in less than two months, with a proportionate quantity of the Elixir vitriol, to the manifest increase of the disorder; and the patient afterwards entirely cured, by low diet, gentle purging, quiet and repeated bleeding.

Tonics are only admissible where there is nothing but general debility to contend with, and even then, nourishing diet properly employed, may be looked upon as the best tonics in the world.

Mrs. R— informs us that in the 45th year of her age, she was suddenly attacked with an ex-

cessive hemorrhage from the womb, which, with all its subsequent returns, commenced without the least symptom announcing its approach. During the first two or three years from the commencement, there was a constant draining from one flood to another; this discharge being secluded, the blood was formed into irregular clots of considerable firmness, which were periodically evacuated, attended with excessive hemorrhage every two or three months. The accumulating of these clots, occasioned an enlargement of the abdomen nearly resembling that of pregnancy. And notwithstanding the most powerful tonics were frequently employed for its removal, it continued for nine years; when being told by an old lady that bleeding from the arm would arrest its progress, by her request we opened a vein, and full eighteen ounces of blood were abstracted at three several bleedings. At the same time I directed a gentle vomit, and the bowels to be kept free by the use of aloes in small portions, morning and evening, by which means a diminution of the hemorrhage soon succeeded, and health was restored without further uneasiness.

It may be remembered that in all the forms o'

the disorder under consideration, very decided advantages have resulted from astringent injections up the vagina, several times in a day, except during very profuse flooding, which sometimes happens, when the sponge or tampon may be employed, but should not remain within the vagina longer than ten or twelve hours.

CHAPTER XI.

Leucorrhœa, or Whites.

So called from the Greek *leukos*, *albus*, white, and *reo*, *fluo*, to flow. This is a very common complaint among females, especially with pregnant women—and consists in a discharge from the vagina of a serous fluid, and often proves extremely hurtful to tender women. At the beginning of this disorder, the discharge is generally whitish, of a mild nature, but after a while, it becomes acrimonious, varying in color from white to yellow, green, and sometimes of a brownish hue. It is generally attended with pain in the

back and loins, the menses sometimes diminished, at others profuse; great debility, dyspepsia, paleness of countenance, palpitation, loss of appetite, and sometimes death.

Whatever the remote cause of this complaint may be, the proximate or immediate undoubtedly is debility; consequently the indications of cure will be to restore the tone of the system in general, and the uterine vessels in particular. For which purpose the patient should make use of a nourishing diet, but of easy digestion, take daily exercise, as much as she can bear without fatigue, and the most scrupulous regard to cleanliness. The parts should be washed several times in a day with warm water. A milk diet alone has been found of great advantage; and alkelis, such as soda, lime-water, pearl-ash, &c. should be taken immediately before or after eating. Sometimes a gentle vomit will be found beneficial. The bowels should be kept free by the use of rhubarb in small portions in combination with a little Ada or magnesia, or some other mild laxative. Astrigent and tonic medicine should always be employed; such as peruvian and oak bark, catechu and alum, together with iron in

some form. Long experience has proved the utility of the Balsam of Capaiva in the cure of this complaint, taken in doses of twenty or twenty-five drops, morning and evening. The application of a plaster of Burgundy pitch to the small of the back should never be neglected. Some cures have been effected by the use of alum and nitre; five grains of alum, and ten of nitre, given three times a day, have proved successful after other remedies have failed.

When this complaint attends pregnancy, it merits attention, though a radical cure is not to be expected. All that we would recommend, is, that the parts be frequently washed with warm water, and occasionally a decoction of oak bark or alum water injected per vaginam.

Uterine Hemorrhage, or Flooding.

Whenever an excessive hemorrhage from the womb takes place with women, there is no time to be lost—the sooner we can arrest it the better; and every known remedy of efficacy is to be immediately employed in succession, should the antecedent ones fail of success.

The first thing which demands our attention in this case, is to procure for the patient the most perfect rest of body and mind, as far as possible. She should be placed upon a straw bed, in a horizontal posture, with her head low, and lightly covered with clothes, with the room a little darkened, and cool air constantly admitted. Her drinks should be cool, but of the mildest kinds, as toast-water, balm-tea, lemonade, apple-water, and such like; no stimulating drink of any kind should be allowed. Care should be taken even in the administration of food and drink, that the patient use not the least exertion to receive them. Her food also should be light, as panada, gruel, &c. All animal food should be forbidden, while flooding goes on. All unnecessary company should be excluded from the patient, and conversation absolutely prohibited. Much mischief is frequently done by the improper talk of by-standers, who delight in the marvellous, and but too often relate the histories of cases which are every way calculated to appal the already but too much alarmed patient. This kind of gossiping should be peremptorily forbidden, even at the risk of

giving offence, rather than permit it to the injury of the sick.

Having established a proper system for the repose of the patient, we should next determine the propriety of blood-letting, which we think is seldom necessary, having never found a case where it was required. However, where plethora is the cause of the alarm, it becomes of great importance that blood be taken from the arm, in a proportionate quantity to the exigency of the case; always keeping equilibrium in view; recollecting that hemorrhage is sometimes maintained by excited arterial action, and sometimes by extreme debility of the uterine vessels, in which case the use of the lancet would only increase the malady.

The most powerful astringents should now be given, in doses and in frequency, according to the violence of the discharge. We have generally employed the catechu, in combination with alum, of each equal parts, finely powdered together, and given in a little warm water or balm tea, in doses of ten or twelve grains, every half hour, or as the urgency of the case may require. If pain be present, a large dose of opium should be admin-

istered and repeated every two hours until the pain is removed. It is said that the sugar of lead will exceed all other astringents in the cure of this complaint, given in doses of two or three grains, guarded with a little opium, every half hour, or less frequent as circumstances may direct. In case the stomach be irritable, a gill of strong alum water, to which should be added a drachm of laudanum, and injected per vaginam, and repeated every hour or two, until a decided impression be made upon the uterine contraction, or until its employment appears totally unavailing. Should the flooding continue, folds of linen dipped in cold water should be applied to the lower parts of the abdomen.

However, hemorrhage from the vagina will not always yield to these remedies, and if it does not, it will very soon become alarming, and to save even but a few ounces of blood will be of the greatest importance. Therefore, if the means just mentioned, fail in moderating or stopping the threatening symptoms, no time should be lost in employing the tampon. The best that is recommended, is a piece of fine sponge of proper size to fill the vagina. First squeezing it from

sharp vinegar—it should then be introduced into the vagina, and there suffered to remain until its object is effected.

Of Prolapsus Uteri.

Of all the casualties to which the uterus is subject, few are more frequent than a prolapsus of this organ; this misplacement may take place at almost any period of female life, but is most frequent in the aged matron, and youthful virgins are not exempted. It consists in a falling down of the womb in a greater or less degree, varying from a slight descent, to an entire protrusion of the external parts, taking the vagina along with it. The slightest cases are therefore termed a bearing down, and the more violent ones a falling down of the womb.

Whatever induces general debility or local weakness in the uterine vessels, may lay the foundation of this complaint; hence frequent abortions, improper treatment during labor, and too great exercise soon after delivery, are in married women the most common cause of prolapsus

uteri. In the unmarried it is apt to take place in consequence of violent exertion, such as jumping, excessive labor, or dancing, lifting great weights, &c.

The proximate or immediate cause of prolapsus uteri is relaxation of the broad and round ligaments above, and want of tone in the vagina below.

This complaint generally comes on with an uneasy sensation in the loins while standing or walking, accompanied now and then with a kind of pressure and bearing down, as also pain in the groins. There is a sense of fulness in the parts, and frequently an increased discharge of mucus from the vagina. All the symptoms are relieved by a recumbent position, or lying down. In prolapsus uteri, the symptoms are in many cases very distressing; the appetite fails, the stomach and bowels lose their tone, flatulence and considerable debility ensue, and life at length is scarcely desirable. Menstruation is usually increased, and oftentimes more frequent than natural. This, with leucorrhœa, often reduces the woman's strength to a very low ebb, and if not relieved, will entail upon her permanent ill health. In addition to the inconveniences we have just men-

tioned, there is a sense of faintness, and oftentimes a number of nervous or hysterical feelings, which alarm, and almost overwhelm the subject of the complaint. We have sometimes known the sense of vision affected, and partial derangement take place. Pain in the back is sometimes extremely distressing while the patient is on her feet, and gives to her walk the appearance of great weakness in her lower extremities. And in some few instances we have seen the woman throw her body very much forward while walking.

By neglecting to pay proper attention to the early symptoms of this disorder, the woman at length becomes incapable of passing her water without first lying down, or pushing up the swelling which seems to obstruct the urinary passage.

In the early stage of this complaint, if conception should take place, a confinement for some weeks in a recumbent position on a sofa or bed, will often enable the parts to regain their proper tone without any further assistance. Where pregnancy does not exist, the indications of cure of this disorder will be, first, to reduce the parts by steadily pressing them upwards, and to secure them there by tonics or a pessary, which is gen-

erally pretty easily accomplished in the beginning; but if it be of long standing, it is sometimes difficult to effect a cure. Having reduced the part, the patient should be confined to a horizontal posture, and use astringent injections, keeping in the vagina a cylindrical piece of sponge, wet with some astringent lotion, as alum water, decoction of oak bark or logwood, confining it with a T bandage. If these remedies do not succeed after a fair trial, a pessary of proper construction is the only resort. It should be as well fitted to the parts as the nature of things will permit; for much depends on its proper adjustment. It is made of cork, sponge, ivory, boxwood, elastic gum, and sometimes with silver strongly gilt with gold; always of a circular form. It will seldom be safe to introduce a pessary, the diameter of which exceeds two inches and one half. Whenever a pessary is used, it should not be allowed to remain in the passage but a few days at a time without being occasionally withdrawn when going to bed, and well cleaned, lest the secreted matter attached to it become acrimonious, and thereby occasion much irritation. The period it should be worn must depend

upon the inveteracy of the complaint. As a general rule with young women, from three to four months will usually be sufficient; it will of course require a longer time where the woman is aged, and where the disorder is of long standing.

Inflammation of the Womb.

This disorder is more frequently met with in women of a robust and plethoric habit, than those of lax fibres and tender constitutions. But it is generally occasioned by the improper application of instruments, and bad management of the physician or midwife. To these causes may be added exposure to cold, soon after delivery, thereby obstructing the lochia and the secretion of milk.

Inflammation of the womb is sometimes communicated to the membrane which lines the belly, Fallopians, &c., which event greatly augments the disorder.

An inflammation of the womb usually begins about the second or third day after delivery, with a painful sensation at the lower part of the belly, which generally increases in violence, without

any kind of intermission. When externally examined, the womb appears much increased in size, with great hardness, and extremely sore and painful. The pain soon increases, extending to the head, back and groins, attended with rigors, thirst, nausea and vomiting. The tongue is white and dry, the urine is high colored, and if the inflammation has extended to the bladder, it becomes totally obstructed; the body costive, and the pulse is full, hard and frequent.

These are the symptoms which usually appear, and are always attended with danger; especially when the inflammation is extensive, and affects the peritoneum and other portions of the body, and sometimes terminating in suppuration or mortification.

On the first approach of this disorder, it may often be subdued, and inflammation prevented from spreading to any great length, by copious bloodletting, regulating the quantity abstracted by the violence of the symptoms, the state of the pulse, habit and strength of the patient. A repetition must be governed by the effect produced by the former evacuation. The application of leeches

to the lower parts of the abdomen will be of great utility.

To remove the soreness, pain, and tention of the womb, folds of flannel, dipped in warm, weak lie, and applied to the lower parts of the bowels will often afford great relief.

The bowels should be regulated by the use of proper doses of salts, senna, castor oil, and such like, or emollient clysters perhaps will be preferable.

The propriety of blistering in this complaint, is justly doubted by respectable authors; but emollient fomentations are highly recommended, and should never be neglected. In order to allay pain, and remove irritation if possible, a liberal use of opium is indispensably necessary.

Perspiration should be promoted by the employment of Ipecacuanha and camphor, of each equal parts, of which the patient may take eight or ten grains once in four hours, or three or four grains of Emetic Tartar, and ten grains of Sal. Nitre, dissolved in a teacup full of water, and a table spoonful given every four hours, alternately with a solution of alkalis, or the saline draught.

Where the inflammation has extended to the

bladder, occasioning a suppression of urine, the catheter must be employed Throughout the whole course of the disorder, the patient must be supported by light nourishment, as water gruel, rice water, toast water, and such like.

Too much caution cannot be observed by women in guarding against taking cold after delivery, as it is apt to bring on disease, which, if it does not prove immediately fatal, frequently leaves effects behind of which they will be sensible during the whole future period of their lives.

We once knew a healthy woman who took cold after being delivered of her first child, who could never walk a step afterwards, though she lived to be the mother of six children.

Inversion of the uterus or Womb.

This untoward, and but too fatal accident, is perhaps more frequent than is commonly supposed. Instances of sudden death after delivery are very often unaccounted for, and there is every reason to believe that this displacement of the womb makes a share of them. Hence this com-

plaint is, most probably, every now and then concealed, and therefore the frequency of its agency in producing death, cannot be exactly estimated.

Inversions of the womb may be either complete or incomplete; by a complete inversion, we mean turning entirely inside out to the very neck of this organ,—which may happen, and yet the uterus be concealed within the vagina.

The incomplete may be in different degrees; first, where the fundus falls down to the mouth of the uterus; secondly, where it has passed perhaps half its length; third, where it is entirely inverted, with the exception of a small portion of the body and neck.

Symptoms.—When this accident has taken place, the woman almost instantly complains of a severe and distressing pain about the region of the womb; an effort to force or bear down; nausea, and sometimes vomiting, great faintness, with more or less hemorrhage, cold clammy sweats, pulse small, frequent or extinct. A variety of nervous symptoms may also occur, of a distressing kind.

This casualty may take place immediately after the birth of the child, or it may not occur for

hours or even days after the event. If the hand be now placed upon the abdomen, we shall fail to find the uterus.

It has been almost universally supposed, that an undue force applied to the cord for delivery of the placenta, was the principal cause of this accident, but this may be a mistaken opinion, as it has taken place when no such force has been applied; but the caution of not applying too much force to the cord for the extraction of the placenta, is founded upon just and important principles. Since, did the disposition to inversion exist, and this mass be attached to the fundus, it would be almost certain to produce it, when perhaps without such force the woman might escape from the danger.

When inversion of the womb does take place, the indications are, first, to restore the prolapsed part when practicable; secondly, to prevent a reinversion after restoration.

When the upper extremity is prolapsed to the mouth of the uterus, but contained within it, the hand must be gradually passed through it, and the fundus carried upward until restored. If the placenta has been thrown off, we need but to re-

tain the hand within the uterus until we have sufficient evidence of its disposition to contract, and to maintain that contraction. If the placenta has not been thrown off, but adhere, we must carefully separate it, after the uterus has shown sufficient signs of returning power. And when separated, must be taken from the uterus when the hand is retracted.

Should the inversion be complete, it will for the most part be impossible to restore it, especially if several hours have elapsed since the accident.

Retroversion of the uterus or Womb.

The retroversion of the uterus is that displacement where the fundus of this organ is precipitated backwards and downwards, placing itself between the bladder and rectum, sometimes interrupting each passage, accompanied with extreme forcing or bearing down pain.

This deranged situation of the womb may take place in its unimpregnated, as well as its impregnated state. The latter is, however, by far

the more common, and usually takes place between the second and fourth month.

In the unimpregnated state of the uterus, the symptoms in general are not so distressing; though we once witnessed a case of this kind, attended with the most severe pains, continuing until restoration was accomplished; which sufficiently shows the necessity of a replacement of this organ.

This should be attempted, by carefully passing the hand into the vagina, then gently pressing against the base, as it were, of the tumour that is found, so as to move it backwards and upwards along the hollow of the sacrum, until the mass shall reach above the projection of this bone, if possible; when thus far, the hand may be withdrawn, and a pessary introduced of a proper size; the woman should then, for three or four days, remain quietly in bed.

Inflammation of the Breasts.

This is quite a common complaint with women who suckle, and often very troublesome. It may

be excited by the application of cold, or retention of the milk in consequence of sore nipples. A sudden fright has been known to produce it.

A slight hardness in the breasts of lying-in women may often be removed by rubbing fresh butter or sweet oil diligently upon the part with a warm hand for ten or fifteen minutes, two or three times a day, and then covering it with a cabbage or burdock leaf. But when the inflammation is attended with considerable redness and hardness, and other symptoms of suppuration, it should be promoted by the application of poultices and fomentations. The poultices to be prepared, are composed either of linseed, or the mucilage of slippery elm or basswood bark, thickened with a little indian meal. Should any thing more stimulating be required, an onion cut fine may be added. The breasts should be tenderly but frequently drawn, through the whole course of the complaint, either by the child or a grown person.

CHAPTER XII.

Of Conception.

Physiologists have invented a thousand hypotheses, by which impregnation is said to take place in the human subject. But however they may differ, in the mode of applying the male semen to the female ovary, they all agree that it is essential to impregnation, and is the only course of nature for propagating mankind. And though pregnancy be not a disease, it is frequently attended with numerous disagreeable sensations, requiring the utmost care and the most judicious management. It is true, that some women are more healthy during pregnancy than at any other time; but this is rarely the case, for in this country most of them breed in sorrow. For it has always been observed, that as soon as a woman has conceived, the uterus or womb undergoes certain changes, by which means, either directly or indirectly, other parts of the body soon become sympathetically affected, characterized by signs which justly indicate that impregnation has taken place.

Signs of Pregnancy.

The first and most usual sign of pregnancy is, suppression of the menses, to which soon succeed nausea and vomiting, heart-burn, enlargement of the breasts, with shooting pains, distention of the abdomen, secretion of milk, circle round the nipples which become of a darkish color, headach, toothach, peevishness of temper, and peculiar longings often occur.

About the sixteenth week after conception, in some instances later, what is called quickening usually takes place, when the mother becomes sensible of a slight motion of the child, and she is then subject to sudden fainting and slight hysteric affections.

During the last three months, general uneasiness, restlessness, especially by nights, costiveness, swelling of the veins, feet and legs, attended with cramps, difficulty of retaining the urine for any length of time, and the piles, are the symptoms which usually prove most troublesome.

Although every pregnancy may be attended with a part or all the signs we have just enumerated, yet these symptoms do not positively ensure pregnancy in every individual case, free from all

doubts. Therefore, where life, character, or property may be involved in the consideration, we think proper to make a few remarks on each of these signs of pregnancy.

Suppression of the Menses.—Though suppression of the menses in a married or single woman, who may have had illicit connexion with a man, may justly give rise to the suspicion that impregnation has taken place, and as a general sign may safely be looked upon as one of the most certain that present themselves,—yet absence of the menses will not always authorize us to declare a woman in a state of pregnancy, for a variety of other causes may operate to this end, both in the married and the unmarried woman.

As absence of the menses does not positively declare pregnancy, so neither will their presence ensure an exemption from it, for we have sometimes known regular menstruation during the whole period of pregnancy.

Nausea and Vomiting.—The sickness and vomiting of pregnant women is one of the most common, as well as sometimes one of the severest of all their penalties. It is commonly most troublesome in the morning, and frequently con-

tinues two or three hours, but rarely proceeds to any very dangerous lengths, and may frequently be prevented by keeping the bowels free with mild purgatives and light food. But should the nausea and vomiting often occur during the day, so that the food is thrown up, the patient should confine herself to a spoonful or two of milk every half hour, and nothing else; this will rarely fail to regulate the stomach. To this plan occasionally may be added a little magnesia or soda, taken in a cup of peppermint or cinnamon tea.

If the use of alkaline remedies should not afford relief, acids may be employed, either vegetable or mineral, as the elixir vitriol, or the juice of lemons, &c.

But if it still continue obstinate, long experience has convinced us of the utility of gentle emetics of Ipecacuanha. After which, an infusion of camomile, quassia, or the wild valerian may be beneficial.

The oil of turpentine, in doses of fifteen or twenty drops, taken three or four times in a day, has been of great utility. It may be conveniently taken in a little milk or sweetened water.

As to diet, it would be in vain to point that

out, because any plan we could devise would scarcely apply to any two patients. We generally advise, however, such articles as best suit their condition; and sometimes it is truly astonishing to observe the waywardness of the stomach upon such occasions.

Heart-burn.—This distressing complaint is sometimes one of the first a woman feels after conception; at other times it does not appear until gestation is pretty well advanced, and sometimes it is entirely absent. It is frequently very distressing, and often very difficult to remove. Large and repeated doses of magnesia and chalk have usually been employed, and in moderate cases will often answer very well. But when excessive, it is almost indomitable; and, many times, will hardly suffer even a mitigation. A few drops of vitriolic acid, taken in a little water, has afforded relief, and also water of ammonia. Confining the patient strictly to one article of diet, either of the vegetable or animal kind, has sometimes been of great advantage; as simple boiled rice, oysters, milk or cream, or very sweet butter and bread.

If costiveness prevail, as is commonly the case,

it should be remedied by the use of mild laxatives, as manna, senna, castor oil, &c.

Enlargement of the Breasts.—Enlargement of the mammæ is a very common symptom in real pregnancy, though it is not uniformly so. There have been many cases where they did not swell even at the latter period of gestation, and sometimes not until after delivery, that they gave evident signs of their capacity to perform their ordinary office. On the other hand, it sometimes happens that considerable enlargement takes place where the menses were interrupted from other causes than that of pregnancy, and attended with pain.

Distention of the Abdomen.—Of all the signs we have enumerated, perhaps enlargement of the abdomen is the most uncertain, as it may take place from a variety of other causes than that of pregnancy. 1st — Dropsical affection of the abdomen or uterus. 2d — From a retention of the menses, or the simple obstruction of the catamenia. 3d — From enlargement of almost any of the abdominal organs. For these reasons, but little reliance can be placed upon this cir-

cumstance alone, or even when combined with several others.

Formation of Milk.—The formation of milk in the mammæ is coeval in some pregnant women with their swelling, while in others it is never formed until after delivery. When this secretion takes place, it is looked upon by some as a certain sign of pregnancy; but this is quite a mistaken conclusion, for we have often known, says Dr. Dewees, a plentiful secretion of milk merely by the interruption of the menses without pregnancy. It has also appeared in the aged matron, past the period of child-bearing, and has been produced in a girl eight years old.

Circle round the Nipple.—The areolæ which are usually formed round the nipple, must be considered as doubtful in any but the first pregnancy. In this case great dependence may be placed upon them, for as yet we have never seen this beautiful blush mimicked from any other cause than that of pregnancy. They, however, do not always present themselves, and may not easily be detected when formed in dark-skin women.

Headach.—When the headach is attended

with plethora and drowsiness, in robust women, a small extraction of blood from the arm will be necessary, and mild purgatives. But in weak irritable habits, the application of camphorated spirits, ether and laudanum will be more proper.

Tooth-Ach.—In cases of severe tooth-ach, the one most affected may be extracted with perfect safety, although some authors assert that abortion has usually been the consequence of the operation. A full dose of opium, or the application of a few drops of the essential oil of cloves, savin, or juniper, will often prove an effectual remedy.

Peevishness.—In some instances an universal fretfulness and impatience take place. But if these tempers are not indulged in health, and only appear as symptoms of pregnancy, they should be passed by with compassion; indeed, resentment would be cruel and unjust. But as some women are naturally inclined to fretfulness during their whole lifetime, no dependance can be placed upon this sympton.

Peculiar Longings.—When pregnant women manifest any peculiar longings, they should always be gratified if possible, as abortion, if noth-

ing worse, is sometimes the consequence; though physiologists do not admit that a Fœtus can be marked by any depraved appetite of the mother, or deformed by any uncommon object being presented to her view. But numerous instances have occurred, sufficient to convince me that children are sometimes marked in utero, by the sudden emotion in the mind of the mother; which phenomenon may be as easily understood as the existing union between the body and mind.

Of Quickening.—By quickening we are to be understood the first time a woman perceives the motion of her child, which usually takes place the fourth month of gestation. But there must be a time when bodies in embryo are not sufficiently developed to enable them to move at all; and another when this can be but feebly and imperfectly performed; and another when they can move with sufficient force to give evidence of this condition; and when this moment is recognized by the mother, it may then be said she has "quickened." And this novel sensation is often accompanied by faintings, or sinking, as some express it, which are always produced by the motion

of the child, and may be repeated from the 12th week to the seventh month.

We do not wish to be understood by the term *quickening*, to mean any thing more than at that moment the embryo gave the first proof of life, and not the moment when it first received it; we leave that for wiser and succeeding generations to determine.

An abatement in the severity of symptoms in pregnant women, usually takes place about the period of quickening, and more especially when the womb can repose upon the anterior portion of the pelvis.

Restlessness and inability to sleep.—Sometimes in the last stage of pregnancy, the symptoms are such as to create considerable irritation, inquietude and disturbed sleep, which often prove troublesome complaints. The irritation may pretty generally be allayed, by taking twenty-five or thirty drops of laudanum, or an infusion of the wild valerian has sometimes afford relief; and bleeding from the arm is often beneficial in plethoric habits. The bowels should be kept free, by the use of mild purgatives, and the patient supported by nutritious diet.

Costiveness.—Costiveness frequently attends the last stages of pregnancy, and in many instances passes unnoticed, without any considerable injury; in such cases a moderate use of manna, magnesia, senna, castor oil, or epsom salts, will be found beneficial, or clysters may be employed.

Cramps.—Cramp is another troublesome complaint in advanced stages of pregnancy; for the removal of which warm bathing has been successfully employed; or rubbing the affected part with a liniment composed of camphorated spirits, sulphuric ether and laudanum, equal parts, well mixed together, would be preferable. But in the very last period, it can only be relieved by labor-removing cause. When the stomach is affected with spasms, or hysteric symptoms, proper doses of opium and asafœtida will generally allay the irritation.

Piles.—This disorder is often very distressing in the last months of pregnancy, but may sometimes be relieved by keeping the bowels free by the use of sulphur and cream of tartar. Cold applications have been successfully employed, as cloth wetted in cold water, or spirit and water

if most agreeable. Balsam of capaiva taken in doses of twenty or thirty drops morning and evening, has been of great utility in this complaint. If they protrude outwards, the tumour should be reduced by means of moderate pressure with the fingers.

Of Abortion.

An expulsion of the contents of the grieved uterus, at so early a period as to render it impossible for the fœtus to live, is usually termed abortion. It may happen at any period during the first seven months of gestation, but is the most frequent in the second and third. If it happen within the first month, it is usually called a false conception; if after the seventh, it may be termed labor. Though abortion be not always attended with danger, a repetition of it often lays the foundation for other complaints of a serious nature. Yet we sometimes meet with unfortunate females, who, being prone to lewd indulgences, resort to various means to procure abortion at the hazard of their lives, in order to prevent

a discovery of their situation. But such solicitations should be firmly opposed.

Some women have a certain tendency to miscarry, which renders the greatest precaution necessary, as the most trival accident is often productive of that misfortune; while others suffer the most astonishing agitation both of body and mind, with perfect impunity. This peculiar tentendency to abortion, sometimes renders the woman ever incapable of being the mother of a living child.

The common causes of abortion are, great anxiety, violent passion, uncommon longing, jumping, dancing, raising great weights, reaching too high, fevers, falls, blows on the abdomen, excess of blood, general debility, and death of the child. Instances have occurred, in case of twins, of one child being expelled, and the other retained the full period.

Women of a full habit, in whom abortion may have become habitual, should observe a spare diet, and just before the usual time of miscarrying, some blood should be taken from the arm, avoiding fatigue, and agitation of the mind. She ought to exchange her feather bed for a mattress or

straw bed, sleep less than usual, take daily exercise, preventing costivness by the use of mild purgatives.

Abortion is most frequen tin women of a weak, lax habit, where bleeding would be altogether inadmissible. Here a nutritious diet should be pursued, with moderate exercise in an easy carriage, and a course of tonics adopted; carefully avoiding all the exciting causes. The muriated tincture of iron, in doses of fifteen drops twice or thrice a day, has been beneficial

The usual signs of abortion are, pain in the loins, or about the bottom of the abdomen, with slight shiverings, sickness, and palpitation of the heart. The breasts become soft, the belly sinks, and there ensues a discharge of blood or watery humours from the womb, sometimes coming away in clots, and at others flowing profusely for a short time; again returning violently, with a bearing down pain. These symptoms generally increase, and abortion sometimes takes place in a few hours, though not commonly in less than two or three days. On the first appearance of flooding, the woman should be laid on a straw bed with her head low, and hips a little raised,

where she should be kept as quiet as possible, abstaining from all kinds of food of a heating nature; her drinks should be cooling, with a little Elixir vitriol or lemon juice. If the strength be not much reduced, and the pulse full and frequent, some blood may be taken from the arm, and a mild purgative administered.

But if excessive flooding ensue, a full dose of opium should be given, and a repetition of fifteen drops of laudanum in combination with eight or ten grains of catechu and alum, or two grains of the sugar of lead, every hour or two, with cold applications to the lower part of the abdomen.

But, indeed, when uterine hemorrhage happens in the three last months of pregnancy, I have never known any thing to arrest its progress but expulsion of the fœtus.

Swelling of the feet and legs.

The swelling of the feet, ankles, and other parts of the body, which arise in the last stages of pregnancy, are probably occasioned by the womb's preventing the return of blood from the lower

extremities. Though seldom troublesome in the morning, towards evening the patient suffers much from it. In extreme cases of distention, slight scarifications have been employed. But in general, however, the application of bandages, avoiding a pendent position for any length of time, is all that will be necessary in this complaint. Sometimes the veins of the legs and thighs become so enlarged as to have an alarming appearance. But no bad consequences, however, have been observed to attend such a condition. And the only thing necessary to be done, is to reduce the vascular system by moderate bleeding, and spare diet, keeping the bowels free by the use of laxatives. Should the veins of any particular part become so distended as to prove troublesome, we would advise the application of a bandage so as to give the necessary support.

False Pains.

It often happens that women in an advanced stage of pregnancy, are afflicted with spurious or false pains, somewhat resembling those of labor,

which occasion an unnecessary alarm. Some known cause usually brings on false pains, as fatigue of any kind, especially too long standing on the feet, falls, sudden and violent motions of the body, a general feverish disposition, great anxiety of mind, &c.

In such instances, if plethora prevail, bleeding from the arm will be required, with the administration of laxatives or clysters, and the patient placed in the most quiet and easy position, taking a full dose of opium.

Of the Term of Utero-Gestation.

As we have no certain mark by which to date conception, we cannot precisely determine the exact period a woman, under the most favorable circumstances, carries her child in utero. But it would seem, however, from the best calculation that can be made, that nine calendar months, or forty weeks, approach so near the truth, that we scarcely need desire more accuracy, could it be obtained. We would not wish, however, to declare this to be rigidly exact; but as a general

rule, it may be looked upon as sufficiently so. But there are many causes which may provoke the uterus to contraction, a short time before it might take place spontaneously, and they may procrastinate the usual period.

We are entirely unacquainted with the causes which excite contraction in the uterus, so as to expel its contents at or about the expiration of nine months; all we know upon the subject at present is, that it is an established law of nature, but of which we are entirely uninformed.

Many ingenious hypotheses have been proposed, to explain this interesting phenomenon; but all fall short of the truth.

Of Labor.

Whatever the cause of labor may be, we are taught by long experience, that at or about the fortieth week of gestation, nature makes her effort to expel the contents of the womb, and this effort is called labor; which, in common cases, will pretty generally be accomplished, unattended with difficulty or danger, unless interrupted by

ill management, or officious interference of the physician or midwife.

Symptoms of present Labor.

It is very common at the commencement of labor, especially with nervous women, to be seized with rigors or chills, of more or less severity. But these tremblings are seldom, if ever, attended with danger, and are pretty sure to disappear so soon as the labor becomes active, and the pains frequent.

There is sometimes a frequent inclination to urinate; in obeying which, the woman always suffers more or less inconvenience. It needs no application, however, unless the inclination cannot be obeyed, and suppression takes place; in such case, the catheter must be employed.

The formation of mucus which takes place in labor, is always a welcome harbinger to the accoucheur, as it almost always foretells the condition of the parts, and facilitates their relaxation. This discharge is frequently tinged with blood, and this appearance is commonly called the *shew*.

If together with the above symptoms, the usual pains be present, the presumption is very strong in favor of approaching parturition.

Common Appearance of true Pains.

The true pains usually begin in the loins or lower part of the back, pass round into the abdomen, and end at the pubis, or upper part of the thighs. Sometimes, however, they take the opposite direction, ending in the loins. Sometimes too, they are confined to one particular place, as the back, abdomen, thighs, and even the knees; and in some instances, other parts are affected, as the stomach, head, &c. The true labor pain is periodical, with intervals of five, ten, fifteen, or twenty minutes.

An experienced accoucheur may pretty generally determine the present state of labor from the tone of the patient's voice. The first change effected by the pains, consists in a dilation of the parts. Forcible and quick pains give a severe sensation, and sometimes are called cutting or grinding pains. When the internal parts are

sufficiently dilated, the child begins to descend, and the feeling of the patient is such that every effort is made for expulsion; the tone of voice becomes grave, or she will hold her breath and be silent. These are called *bearing pains.*

In the beginning the pains are usually slight in their degree, and have long intervals; but as the labor advances, they become more violent, and the intervals are shorter. The pains are often alternately, one stronger the next weaker, or one stronger and two weaker. But every variety has its own peculiar advantages, being wisely adapted to the state of the patient.

CHAPTER XIII.

Management of Labor.

Much judgment and caution are required in the management of labor, as a simple and natural case may easily be converted into a laborious and dangerous one. When all things are doing well, the duties of the accoucheur are limited indeed. It is but where the contrary prevails, that his aid

and skill are most useful. But unfortunately for the interest of humanity, it requires a degree of knowledge *not to be officious*, which but too seldom falls to the share of many of those who pretend to practice midwifery.

During actual labor, the patient is entitled to all the consolation a well-grounded hope of a happy termination of her sufferings can afford; and this should not be withheld from time to time, that she may profit by its encouraging influence.

Though the young practitioner should be very sparing of promises, for it requires long experience to make them with any kind of certainty; and until then, they should be evasively given, that sad disappointment may not ensue. For a woman will support herself with much firmness, where relief is believed to be, even very distant, but *certain;* while she would flag, under the failure of often repeated promises of speedy relief. Her mind should be kept as free from anxiety as the nature of her situation will permit; therefore no conversation should be indulged in, that might for a moment excite her apprehensions. Conversation should be cheerful, and free from the idle discussions of danger which may have

occurred in similar situations, and should be as void of levity as of gloom.

The patient should keep as quiet as possible, abstaining from every thing which shall have a tendency to excite the system, as wine, and other stimulating liquors, or even solid food. But should the labor be long and tedious, and the strength failing, a little wine and water may be allowed.

The woman will be placed for labor upon her left side, at the foot of the bed, in such a manner as will enable her to fix her feet firmly against the bed-post, her hips near the edge of the bed, her knees bent, her body well flexed upon the thighs; the head and shoulders should be raised to a comfortable height by pillows, and a folded pillow should be placed between the knees; the part of the bed on which the patient is now placed must be secured by folded blankets.

When the patient is about to be placed for labor, she should be covered entirely except the head, excluding the light from the room if in day time, and concealing it if at night.

When from the force and frequency of the pains, and the length of time the woman may have

in travail, her situation should require an examination, the time of a pain should be improved for that purpose, and proceeded to with the most rigid observance of delicacy, as the slightest exposure is never necessary.

The practitioner should not remain with the patient longer than the condition of the labor shall require. If it be not well advanced, time should be given for its further progress; but from time to time, ascertain its condition; but beware of officious and unnecessary handling, as nothing more certainly diverts nature from her proper course, than the constant employment of ill-directed measures by an ignorant accoucheur or midwife.

Should the pains be efficient, and the os uteri well dilated, or even easily dilatable, and the membranes entire, they may be ruptured by pressing the finger against them, or by cutting them with the nail of the finger; because very often the advancement of the presenting part is retarded by the strength of the membranes, and the labor much protracted by it, and very frequently the pains are increased both in force and frequency, and the labor much abridged by it.

Progress of Natural Labor.

There may be said to be three stages in the progress of natural labor. The first includes all the circumstances and changes which take place from the commencement of the pains, to the complete dilatation of the os uteri, the breaking of the membranes, and evacuating the waters.

The second includes those which occur from the time of the dilating of the os uteri, to the expulsion of the child.

And the third will include what may be necessary for the child, and the separating and excluding the placenta.

1st. The os uteri is not always found in the same central position, nor does it always dilate in the same length of time.

In the first part of labor, the dilatation is generally made very slowly, but when the membranes containing the waters begin to insinuate themselves, the operation proceeds much more rapidly.

It cannot be determined with certainty how long time will be required in any case, for the complete dilatation of the parts. For sometimes they remain for hours in the same state, and yet

when they begin to dilate, it will be soon accomplished. Again, in some cases the dilatation proceeds regularly for a while, and is then suspended for many hours, and afterwards returns with great force.

With first children, this stage is often tedious and very painful. Considerable judgment is therefore necessary on the part of the physician or midwife, for supporting the patience and confidence of the suffering woman. As the labor proceeds, the pains become more frequent and forcible; and if the dilatation should take place with difficulty, there will sometimes be a sickness of the stomach and vomiting. This is usually considered a favorable circumstance, as it commonly has a tendency to relax the system.

At length after a greater or less number of hours, the dilatation is completed; and if the labor has not been interrupted, the child is commonly born soon after the rupture of the membranes; and therefore if the birth be delayed after this event takes place, it will be proper to make a careful examination of the state of things.

Here we must remark, that touching the parts too frequently is highly pernicious. The mucus

furnished by nature for moistening, softening, and by these means preparing the parts for distention, must be improperly exhausted by repeated application of the hand. If the passage be thus left dry, it will be much disposed to irritation, and the whole process may be deranged.

Second stage of Natural Labor.

The second stage of labor includes all the circumstances attending the descent of the child through the pelvis, the dilatation of the external parts, and the final expulsion of the child.

In general, the further the labor is advanced before the discharge of the waters, the more speedily and safely this second stage will be accomplished. As the head of the child passes through the pelvis, it undergoes various changes of position, by which it is adapted to the form of each part of the passage; and that more or less readily according to the size of the head, strength of the pains, &c. And whether these changes are produced quickly, or in a tedious manner, whether in one or many hours, it will by no

means be proper constantly to officiate. For the powers of the constitution will produce their proper effect, with less injury and more propriety than the most experienced physician.

When the head is passing from under the arch of the pubes, and begins to press upon the external parts, with first children, there is sometimes danger of laceration; when the perinæum should be carefully supported by placing the palm of the left hand, with a cloth interposing against it, and retained there until the head is entirely free.

When the head is in this situation, it should not be meddled with by making an effort to withdraw the body by force; the delivery should be trusted to the subsequent contractions of the uterus. Two or three pains are often necessary for the expulsion of the shoulders, after the head is born.

What may be necessary for the Child.

Having conducted the labor to the delivery of the child, a new series of duties commence, the high importance of which renders it proper

we should lay down some rules for their government.

The first great object after the delivery of the child, is that respiration be established; for the most part this takes place the instant it is in the world, and often cries forcibly. But should it fail to do this, every attention should be immediately paid, that it may be performed.

In cases in which the cord still pulsates, there is but little danger as long as this action is maintained, and for the most part, all that is necessary is, to remove every impediment from its mouth which might interrupt the passage of air to the lungs, and by dashing upon its little body some cold spirits or brandy, which almost instantly makes it send forth cries. But should there be no pulsation in the cord, and the child's whole body flaccid, the case is desperate, but not absolutely hopeless.

We should in this case immediately clear the mouth of mucus, by wiping carefully as far as we can reach with the little finger armed with a piece of fine dry rag; then apply our mouth to that of the child's, and forcibly attempt to expand its lungs, and then expelling the air from them

by a gentle pressure upon the breast. When the child shows signs of returning life, it is generally by a deep short sob, which may be repeated at longer or shorter intervals; but if we think the intervals too long, we should renew the inflations.

When from a long delay in the passage, the child should be born black, livid or swollen, blood should be immediately abstracted by cutting the cord—the quantity to be drawn must be regulated by the effects; if respiration take place, and the skin assume the natural color, we need draw no more. But until we see some of these signs, we may abstract pretty freely.

When respiration is established, we should then apply a ligature to the cord, provided pulsation has ceased in it, but not until then. It should be applied about two inches from the umbilicus; the cord should then be cut by a pair of scissors, half an inch at least beyond the ligature

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Management of the Placenta.

After the child is separated from the mother,

it is to be given to the nurse and removed from the bed side. The next attention is to be paid to the delivery of the placenta. Before, however, this is attempted, we should first determine whether there be another child; and whether the uterus or womb contracts in a manner favorable for the operation, by placing the hand upon the abdomen of the mother.

Most women are extremely uneasy until the placenta is removed, and suppose the sooner it is removed the better; but this uneasiness is entirely unnecessary, as all hurry is improper.

Tranquility should first be restored to the mind; the hurried circulation of the blood should be calmed; she should be recovered from her fatigue, and her natural state in some measure regained, and some suitable refreshment may be administered. And in the course of ten, fifteen, or twenty minutes, the pains will usually return, when the cord should be tightened with the left hand, and tracing it with two fingers of the right to the placenta, which we partly hook with the fingers introduced, gently drawing by the cord with the other hand, until it pass through the os externum; we should then grasp it with both hands

and give it several twists, that the membranes may be withdrawn from the uterus.

Of putting to bed.

If it be asked, is every woman to be put to bed so soon as she may be delivered? We answer, no. This "putting to bed," as it is technically called by the good old women, must be governed by the following circumstances.

If the patient by the severity of labor, excessive flooding, or other circumstances, be very much exhausted, she must be removed until she in some measure recover her former strength. But if neither of these conditions occur, all the wet things that may be about the woman should be removed, substituting dry ones. She should then be lifted into the place where she is to lie, applying a broad bandage round the abdomen, moderately tight; she is then to take twenty-five or thirty drops of laudanum to allay irritation.

Perhaps one might conclude the danger now to be past; but, indeed, it may be said, it is only commenced. Nature herself will seldom fail to

expel the *fœtus;* but the greatest care and prudence is necessary for the safe recovery of the mother. Her food for some days should be light and thin, as gruel, panado, &c., and her drink weak and diluting. But those who have been habituated to high living, may be indulged with a little light animal food, and a glass of wine may be allowed; recollecting, however, that too much indulgence is more to be feared than too rigid abstinence. Sometimes immediately after delivery, an excessive flooding ensues, in which case the patient should be laid with her head low, kept cool, and treated in the same manner as for hemorrhage of the womb.

Of After Pains.

Almost every woman is tormented with what is called "after pains." These pains are in consequence of the alternate contractions of the womb, and they will be in proportion to the contraction of that organ; and they are usually most severe where there has been great distention of the abdomen, and after a quick labor.

By the good old women, these pains are considered beneficial, because they are almost always accompanied by the discharge of coagula, which they say must come away, and on this account, oftentimes refuse to give any thing for their relief. But we have ever regarded them as an evil of great consequence, and always endeavor to arrest them as soon as possible.

For which purpose we always administer a full dose of opium, or opium in combination with a few grains of camphor, and great benefit has been derived from the application of folded flannel dipped in warm water, or warm, weak lie; and they have often been effectually removed by properly placing both hands immediately over the region of the womb, making a moderate, but firm pressure for ten or fifteen minutes.

There is a remarkable circumstance attending these pains, which deserves notice, if it cannot be explained; which is the almost uniform renewal of them upon the application of the child to the breast, if they have suspended even for hours, and the aggravation of them if they have not been controlled.

Of the Lochia.

After delivery, there is always an evacuation from the womb of bloody fluid, which is called the "lochia." It proceeds from the extremities of the vessels exposed by the separation of the placenta, and will of course be in proportion to the size of that mass.

It seldom, however, requires any medical interference, and usually disappears on the fourth or fifth day. But if from any cause it should continue a great length of time, even during a month or longer, to the manifest injury of the patient, it would then require particular attention. And if febrile symptoms be present, and a quick full pulse, with considerable heat upon the skin, the tongue furred, &c., a few ounces of blood should be taken from the arm, and the bowels freely opened by the use of glauber or epsom salts, and the parts frequently bathed in cold water, abstaining from exercise of every kind, even sitting up in severe cases.

If febrile symptoms be absent, or subdued by the evacuations already employed, the patient may take eight or ten grains of catechu and alum finely powdered, every three or four hours. The

Elixir vitriol, in doses of fifteen or twenty drops three or four times a day, is often employed. If these remedies should fail, astringent injections per vaginam, composed of alum, or a few grains of sugar of lead, dissolved in a tea cup full of water, have proved beneficial.

Of the attention necessary to the Child.

Having conducted the mother to the delivery, and properly placed her in bed, the little stranger next demands our attention. He is ushered into the world, the most helpless of any of the animal creation, and oftentimes pregnant with disease, entirely dependant upon some kind hand for nourishment and support; consequently, this is a very important period in his existence, for at this period, the foundation of a good or bad constitution is generally laid.

The child's body, when first born, is almost always covered with a tenacious unctuous substance, which is rather troublesome to remove. It is, however, found that hog's lard answers better than any thing else that we know of, to de-

tach it from the skin. When it is well incorporated with the substance, it can be removed by warm soap suds, and a piece of flannel or sponge. It should be carefully taken off at the first washing, as it sometimes incrusts, and excoriates the skin if it be neglected. The child during this process, should not be unnecessarily exposed—if it be cold weather, it should always be done near the fire, and it should be carefully dried after the washing. Many nurses have a wrong, and as we believe, an injurious practice of using brandy or some other strong liquor when they wash the child, and especially to wash the head. This practice should be abandoned, as we are persuaded it has often been greatly injurious to the helpless infant. After the washing is over, the next thing to be attended to, is,

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The dressing of the Navel.

Much ceremony was formerly observed in the performance of this little office, which has now yielded to one of great simplicity among the more enlightened part of the community. It would

be idle to enter into all the details suggested by ignorance or craft, for the due performance of navel dressing. A variety of medicaments were, and in some places still are, in use for this purpose; all of which, to say the least of them, are entirely needless.

All that is necessary to be done, is, to pass the cord through a hole in the centre of a piece of linen rag, seven or eight inches in length, and about two and a half in breadth. After it is thus passed through, it should be entirely enveloped by passing a bandage round its whole length. The pierced rag is placed lengthwise, as regards the child's body; on this the wrapped up cord is laid, with its extremity towards the breast of the child; the lower part of the first rag is then folded over it, and the whole secured by the belly-band. In this consists the whole art and mystery of navel dressing. After this, the child is dressed as fancy directs, or as circumstances may require.

Purging off the Meconium, &c.

The propriety of purging off the meconium, is

no longer a question, especially in hot climates ; and we are of opinion, that it should never be neglected in this country. This substance is of a dark bottle green, which color it most probably derives from the admixture of bile.

For the purpose of carrying off this substance, it is found that a little molasses and warm water is generally sufficient. We always order two or three tea spoonfuls to be given at once, and repeated from time to time, if the previous quantity is not sufficient. This rarely fails to succeed, especially when aided by the early secretion of the mother's milk. It, however, now and then fails; when this happens, we should inquire into the state of the evacuations, and if these have not been sufficient, which is easily determined by their continuing green, and the child is fretful and uneasy, frequently starting during sleep, and ill at ease,—in this case, we direct a small tea spoonful of warm castor oil, which should be repeated, should it not operate, in a couple of hours. This method should be continued, until the color of the evacuation shall be changed.

Of food for Children.

Nature not only points out the food proper for infants, but even prepares it; and a child almost as soon as it is born, frequently shews an inclination to receive it, and there is no reason why it should not be gratified.

It is true the mother's breasts are not always furnished with milk at the birth of the child; but this is the best way to produce it. Besides, the first milk that can be drawn from the breasts, answers the purpose of cleansing the bowels better than all the drugs in the world, and at the same time prevents inflammation of the breasts, fever, and other complaints. For the most part there is an interval of several days from the birth, before the child can receive sufficient nourishment from the breasts. It is therefore usually supposed the child would suffer severely, if it did not receive something or other into its stomach, until the mother can cater for it. Accordingly an ample bowl is prepared by the humane nurse, and its little stomach is crammed to regurgitation, with a tenacious paste called pap, or panada, as it may be constituted. This is repeated with such mischievous industry as to throw

the poor infant into violent agony, unless its unsophisticated stomach revolts at the unmerciful invasion, rejects it by a violent effort, and thus averts the impending mischief. Nature seems to have endowed the stomachs of children with a discriminating power upon such occasions; and most happy it is for the poor little victims, that she has been thus kind; for were it otherwise, many would die in a few hours after their birth from absolute repletion.

It has often appeared to us, that these kind souls have but one rule to regulate the feeding of newly born children by, which is, to thrust food down their little throats until no more can enter the stomach, or till it literally flows from its mouth. They then stop, of course, but the delightful task of cramming is soon resumed, especially if the poor babe cry. It is then imagined it is again hungry, and again its poor powers of digestion are taxed by another, and perhaps greater impost. This addition of food, to the great surprise of the anxious nurse, does not quiet the complainings of the little sufferer; it is then supposed to be "wind." The unfortunate child is now obliged to swallow some stimulating tea or

liquor, until further distention, and perhaps intoxication are added to the already almost bursting stomach. The child is then pretty rudely jolted upon the knee, until a kind vomiting comes to its relief, or until the bowels profusely evacuate their contents.

Let us for a moment consider how small the stomach of a newly born child must be, and how little will put it upon the stretch, from a passive state, suddenly obliged to submit to a distention almost to giving way. Can any person be surprised that so many children are subject to pain, spasms, convulsions, and even death, a few days after they are born.

If the mother's breasts should not be furnished with milk for any considerable length of time, we have no objection to the child receiving, from time to time, nourishment, meted in proper quantities, and composed of proper materials. It must be remembered, however, that the nearer we follow nature in such cases, the nearer we approach what is right; and she provides as early as circumstances will permit, milk, and milk only. So on our part, we can imitate this provision sufficiently near to prevent mischief by the use of cow's milk,

diluted by one third water, together with the addition of a little loaf sugar. Of this the youngest child may take a few tea spoonsful at a time, and have them repeated occasionally, until the mother is capable of furnishing sufficient supplies.

We cannot too loudly condemn many of the preparations in use as nourishment for young children; such as crackers and water boiled together and sweetened, or bread, water, and sugar; than which nothing can be more ungenial to the infant stomach.

Besides this, we must object upon general principles to the use of any substance which requires being tempered or munched for the child's mouth, by first entering that of the nurse; this is a disgustful practice, and cannot be too severely reprobated. The poor little innocent is thus obliged to take into its stomach, not only food improper in itself, but must have the addition of a rank saliva from a filthy mouth, studded perhaps with half a score of carious teeth.

Much care should be taken in warming the victuals for the child's use that it may not be overheated, and its mouth made to pay the for-

feit of the carelessness of the nurse, in not having it properly tempered; but this can be done without mouthing it themselves.

If the mother has sufficient milk for her child, it will need but little or no other food before the third or fourth month. It will then be proper to give it once or twice a day, a little of some kind of food that is easy of digestion, as milk, water-pap, milk-pottage, and such like. This will ease the mother, will accustom the child by degrees to take food, and will render the weaning both less difficult and less dangerous. Milk itself is the most proper food for a child, and should make the principal part, not only before it is weaned, but for some time after.

Next to milk, we would recommend broth, fresh meat, good light bread, &c. Bread may be given to a child as soon as it shows an inclination to chew; and it may at all times be allowed as much plain bread as it will eat. The chewing of the bread will promote the cutting of the teeth, and the discharge of saliva, while by mixing with the mother's milk in the stomach, it will afford an excellent nourishment. Children discover an early inclination to chew whatever is put into

their hands. Parents observe the inclination, but generally mistake the object. Instead of giving the child something which may at once exercise its mouth and afford it nourishment, they commonly put into its hands, or hang about its neck, a piece of hard metal, or impenetrable coral. But a crust of bread is the best gum-stick. It not only answers the purpose better than any thing else, but has the additional properties of nourishing the child, and carrying the saliva into the stomach, which is of too much importance to be lost.

The common practice of sweetening food for infants is very hurtful. It entices them to take more than nature requires. And if a child be gorged with food at all hours, it quickly declares how ill it agrees with the stomach. Diarrhœa, colic, sour eructations, or throwing up the milk, strongly curdled, are almost the constant result of such proceedings.

Children may be hurt by too little, as well as too much food. After a child is weaned, it ought to be fed five or six times in a day, but should never be accustomed to eat in the night. The error of pinching children in their food, is

more hurtful than the other extreme. Nature has several ways of relieving herself when overcharged; but a child that is pinched with hunger, has no remedy, and will never become a strong and healthy man. That errors are frequently committed on both sides, we must acknowledge; but children are often hurt by the quality of food as well as the quantity. This is a great evil, and claims our strictest attention. All unripe fruit, high seasoned provision, ardent spirit, and strong tea should be avoided.

CHAPTER XIV.

Of preserving the health of Children.

We believe that few people consider how far the health of children may be preserved by *temperance*, or improved by *art*. But we presume if a child be born of *healthy parents*, and properly nursed by a *healthy mother*, strictly maintaining a *temperate* course of *exercise*, *food and raiment* always breathing pure atmospheric air,—

such child would progress to maturity, and descend to the grave in *perfect health.*

Man never came from the hand of his Creator pregnant with disease; these are evils of our own creating, and the unhealthiness of parents is one great source of these evils. It would be as reasonable to expect a rich crop from a barren soil, as that strong and healthy children should be born of parents whose constitutions have been worn out with intemperance or disease.

An ingenious writer observes, "that on the constitution of mothers, depends originally that of their offsprings." No one who believes this, will be surprised, after viewing the female world, to find diseases and death so frequent among children.

A person laboring under any incurable malady, ought not to marry. They not only languish out their own lives, but transmit misery to others. Disease, when once contracted in the constitution, is often entailed on posterity. What a dreadful inheritance is the cancer, the scrofula, the gout, the scurvy, the erysipelas, and even consumption, to transmit to our offsprings. How happy had it been for the heir of many a great es-

state, had he been born a beggar, rather than to inherit his father's fortunes at the expense of inheriting his disease.

It is strange so little regard is paid to health in the choice of our matrimonial contracts. The Lacedemonians condemned their king, Archidamus, for having married a weak, puny woman; because, said they, "instead of propagating a race of heroes, you will fill the throne with a progeny of changelings."*

Such children as have the misfortune to be born of diseased parents, will require to be nursed with greater care than others. This is the only way to make amends for the defects of constitutions, and it will often do a great deal. A healthy nurse, wholesome air, and proper exercise, will do wonders. But when these are neglected, little may be expected from any other source; the defect of constitution can never be supplied by medicine.

Those who inherit any family disease, ought to be very circumspect in their manner of living. They should consider well the nature of such

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**Idiots or fools.*

disease, and guard against it by a proper regimen. It is believed that family diseases have often, by proper care, been kept off for one generation; and there is reason to conclude, that by persevering in the same course, such diseases might at length be entirely eradicated. This is a subject which is very little regarded, though of the greatest importance. Family constitutions are as capable of being improved as family estates; and the libertine who impairs the one, does greater mischief to his posterity, than the prodigal who squanders away the other.

Clothing of Children.

The clothing of an infant is so simple a matter, that it is strange how any person should err in it; yet thousands have been injured by the means.

It would answer little purpose to specify the particular form of dress proper for an infant. This will always vary in different countries, according to custom and the humor of parents. The great rule to be observed is, that a child have

no more clothes than are necessary to keep it warm, and be quite easy for the body.

We shall only add with respect to the clothes of children, that they ought to be kept clean, and frequently changed.

Cleanliness is not only agreeable to the senses, but tends greatly to preserve the health of children, by freeing the body from humors, which if retained, could not fail to create disease.

Exercise of Children.

Of all the causes which tend to render the life of man miserable, none has a greater influence than the want of proper exercise. Healthy parents, wholesome food, and proper clothing will avail but little, where exercise is neglected. Sufficient exercise will suffice for several defects in nursing, but nothing will supply the want of it. It is absolutely necessary to the health, the growth, and the strength of children.

Children may be exercised various ways. The best method, while they are light, is to carry them about in the nurse's arms. This is much

safer than swinging an infant in a machine, or leaving it to the care of such as are not fit to take care of themselves.

It is a common opinion, that if children are set upon their feet too soon, their legs will become crooked; but we believe otherwise. Every member acquires strength, in proportion as it is exercised. The limbs of children are weak indeed, but their bodies are proportionably light. When they begin to walk, the safest and best method of leading them about, is by the hand, and as soon as they are able, they ought to be suffered to run about as much as they please.

Whoever considers the structure of the human body, will soon be convinced of the necessity of exercise for the establishment and preserving of health. The body is composed of an infinite number of tubes, whose fluids cannot pass on without the action of the muscles; and if the fluids remain inactive, obstructions must ensue, and the humors vitiate, which cannot fail to occasion diseases. The ancients as well as the moderns, have attributed great utility in pursuing a proper course of exercise, and even considered it the sole instrument in the cure of some diseas-

es, especially those of the glandular and nervous systems. GALEN was a zealous advocate for the various kinds of exercise, as a curative remedy; and the great SYDENHAM was so exceedingly sanguine in his opinion of its salutary effects, in the prevention and cure of numerous diseases, that he was led to give a latitude to it which can scarcely be admitted. Indeed, the beneficial effects to be derived from exercise, properly performed, in all chronic diseases, are almost inconceivable. It strengthens the solid parts, and promotes the circulation of the fluids, beyond any thing else within the compass of nature. It increases perspiration, and prevents many of those diseases which cannot be cured, and may remove others where medicine proves ineffectual.

No exercise is equally salutary with that of walking. This gives action to the muscles of the limbs, where the circulation, from the distance of the vessels from the heart, is apt to be languid. It throws the blood forcibly forward towards the lungs, and thereby affords an opportunity for the mass to be exposed in larger quantities to the action of the air, by which alone it is rendered fit for circulation.

Puerperal, or Child-bed Fever.

This fatal disorder generally makes its attack upon the second or third day after delivery; sometimes, indeed, it comes on sooner, and at other times, though rarely, it does not appear before the fifth or sixth day.

It begins, like most other fevers, with a cold or shivering fit, which is succeeded by restlessness, pain of the head, great sickness at the stomach, and bilious vomiting. The pulse is generally quick, the tongue dry, and there is a remarkable depression of spirits and loss of strength. A great pain is usually felt in the back, hips, and region of the womb; a sudden change in the quantity or quality of the *lochia* also takes place. The urine, which is very high colored, is discharged in small quantities, and generally with pain. The belly sometimes swells, and becomes susceptible of pain from the slightest touch. When the fever has continued for a few days, the symptoms of inflammation usually subside, and the disorder acquires a more putrid form. At this period, if not sooner, a bilious or putrid looseness of an obstinate and dangerous nature, comes on, and

accompanies the disease through all its future progress.

There is no disease that requires to be treated with more skill and attention than this; consequently, the best assistance ought always to be obtained as soon as possible.

In the cure of this complaint, bleeding will seldom be required; but a gentle vomit of Ipecacuanha is indispensable. After which, a full dose of opium should be administered. The patient may then take, frequently, eight or ten grains of the carbonate of potash, or salt of tartar, in combination with the same quantity of nitre. As a diophoretic, perhaps none is to be preferred in the present case to opium, in combination with a few grains of Ipecacuanha and camphor, in the form of Dover's powders, of which about six or eight grains should be given every four hours. The bowels should be kept free by the use of small doses of salts, rhubarb, or castor oil.—Warm fomentations to the bowels of weak lie, decoction of camomile, tansy, or wormwood, ought to be employed as a remedy of considerable importance. If diarrhœa be present, the following remedy should be employed:—Take of com-

mon salt a table spoonful, and put the same into a tea cup two-thirds full of warm water, to which add one third vinegar, of which the patient may take a table spoonful every two hours, or as the urgency of the case may require.

During the whole course of this fever, a plentiful use of diluting drinks should be enjoined, with light nourishing diet. Great attention should be paid to cleanliness in every particular; the room must be constantly but prudently ventilated, avoiding with equal care, the excess of heat, or undue exposure to cold. That temperature of body which approaches the nearest to the standard of health, will be the most proper for women who labor under puerperal diseases.

Some respectable English practitioners of experience and ability, have adopted the depleting practice in the epidemic puerperal fever ; at an early period, seldom taking away less than 24 ounces of blood at first, and if the delay was protracted to eight or ten hours or the symptoms were unusually severe, a larger quantity, to the extent of thirty or forty ounces, in proportion to the urgency of the symptoms, and the loss of time. If the pain and soreness of the abdomen

are not removed, or very materially alleviated, in six hours, the bleeding ought to be repeated. Immediately after bleeding, half a drachm of jalap and three or four grains of calomel are usually given, and at short intervals, small doses of cathartic salts, till copious evacuations are procured.

Dentition, or Teething.

Teething is often a painful and critical period with infants; though harmless at its commencement, it becomes, through neglect, formidable in its progress, and frequently fatal in its termination.

Many children appear to suffer greatly from the irritation or inflammation of the gums, before there is any appearance of teeth. About the sixth or seventh month they suddenly become fretful and uneasy, disgusted rather than amused with their toys, sink upon the bosom, or incline to lie in the arms, and sleep with their eyes half closed, and frequently start or groan.

Some children pass through this important pe-

riod with so great ease and regularity, as not to have any observable alteration in their usual health produced by it. But when teething is difficult, there is no occurrence to which they are exposed, attended with such grievous and distressing effects. The symptoms which usually appear, are, a considerable irritation of the mouth, the gums are hot and swollen, the child constantly drivels; there is often a circumscribed redness in the cheeks, eruptions appear on different parts of the body, a looseness ensues, with gripings, and the stools are of a pale green, or leaden blue color, sometimes containing mucus, and often thick. These symptoms, in irritable habits when the tooth advances fast, or several teeth push forward at the same time, are followed by fever, difficulty of breathing, spasmodic cough, and sometimes general convulsions take place.

Among the symptoms of less importance, which sometimes attend teething, may be mentioned a swelling of the tops of the feet and hands, and also a transient palsy of the arms or legs; but these are seldom of long continuance.

The teeth are formed within the jaw, previous to the birth of the infant, though children

seldom cut all their teeth until nearly two years old, and sometimes even later.

There are only ten teeth in each jaw evolved during infancy, and these are not permanent. The two fore teeth in the lower jaw first appear, and in about a month those of the upper jaw come through; then the two lateral ones of the lower jaw, and next those of the upper one appear. These are succeeded by four grinders or double teeth, and then the eye-teeth, as they are called. These are the primary or milk-teeth, which are shed, agreeable to the order in which they came, and are replaced by other teeth, more permanent, larger and better formed.

It has been observed, that in the greatest number of instances, the first dentition commences at seven months, the second at seven years, and its progress is completed at the age of twenty-one years.

In order to render teething less difficult, as a general direction, we would advise light nourishing diet, preserving the bowels in an open state, restraining immoderate evacuations, proper exercise, pure air; and all those means which have a tendency to promote general health, will contri-

bute to the safety of teething, and facilitate its process.

Difficult teething will require nearly the same treatment as an inflammatory disease. If the bowels be costive, they must be opened either by emollient clysters or gentle purgatives, as manna, magnesia, rhubarb, castor oil, and such like. The food should be light, and in small quantities; the drink plentiful, but weak and diluting, as infusion of balm, toast, or apple water, &c.

If the fever be high, bleeding will sometimes be necessary; but this in very young children ought always to be sparingly performed. It is an evacuation which they bear the worst of any. Purging, vomiting, or sweating, agree much better with them, and are generally more beneficial.

With regard to cutting the gums, we have seldom known it of any great benefit. In obstinate cases, however, it ought to be tried. The incision should be made on the outside of the gum, in the same course of the tooth. In a skilful hand, the lancet is the most proper instrument for that purpose.

If a looseness of the bowels take place during dentition, unattended with fever, not profuse,

and the child preserve a good appetite, it ought not to be hastily interrupted. It is to be considered beneficial, rather than prejudicial, and may prevent the occurrence of more serious symptoms. But if it should continue long and violent, so as greatly to weaken the child, we usually direct small doses of rhubarb and magnesia, to which should be added a few drops of laudanum, to be given once in six hours. Sometimes a gentle vomit of Ipecacuanha has proved beneficial.

Many of the ancient physicians recommended certain charms and amulets, but these futile inventions scarcely survived their superstitious patrons. And modern custom has adopted a practice equally ridiculous, if not worse than useless, of giving children during teething, gum-sticks, coral, and other hard substances, to put into their mouth. If any application is made to appease the anguish of the gums, let it be the finger, a crust of bread, or something that will yield a little to the pressure of their gums, and will serve every necessary purpose.

Of the Thrush, or Aphthæ.

The aphthæ are little whitish ulcers affecting the whole inside of the mouth, tongue, throat, and stomach of infants. Sometimes they extend through the whole intestinal canal, in which case they are very dangerous, and often put an end to the infant's life.

If the aphthæ are of a pale color, pellucid, few in number, soft, superficial, and fall easily off, they are not dangerous; but if opaque, yellow, brown, black, thick, or running together, they are to be dreaded.

It is generally thought that the aphthæ owe their origin to acrid humors. Be that as it may, we have reason to believe they are more frequently owing to some improper regimen both of the mother and child.

The most proper method of treatment in this complaint, will be to give a gentle emetic of Ipecacuanha. After the operation of the emetic, we may recommend manna, magnesia, or castor oil, sufficient to keep the bowels freely open.

A variety of local detergent applications in the form of gargles have been recommended, the most common of which is the following:—To

half a gill of water well sweetened with honey, add twenty grains of borax.

Among the vegetable productions of New England, the wake-robin, dragon root, or wild turnip, is a remedy of approved efficacy. The common method of employing it, is to mix about one drachm of the finely powdered root into a paste with honey; a small quantity of which should be frequently put into the infant's mouth during the day, which will keep it moist, clean and comfortable, and promote a separation of the aphthæ

Of Barrenness.

Barrenness may be very properly reckoned among the diseases of females, as few married women who have not children enjoy a good state of health. It may proceed from various causes, as high living, grief, relaxation, or various disorders of the womb; but it is chiefly owing to an obstruction or irregularity of the menses.

It is very certain that high living vitiates the humors, and prevents fecundity. We seldom see a barren woman among the laboring poor, while

nothing is more common among the rich and affluent. The inhabitants of every country are prolific in proportion to their poverty; and it would be an easy matter to adduce many instances of women, who, by being reduced to live entirely upon a plain diet, have conceived and brought forth children, though they never had any before. Would the rich use the same kind of food and exercise as the common peasants, they would seldom have cause to envy their poor dependants the blessing of a numerous and healthy offspring, while they pine in sorrow for the want of even a single heir to their extensive domains.

Affluence begets indolence, which not only vitiates the humors, but induces a general relaxation of the solids; a state highly unfavorable to procreation. To remove this, we would recommend the following course:—First, sufficient exercise in the open air; secondly, a diet consisting chiefly of milk and vegetables; thirdly, the use of astringent and tonic medicines, as steel, alum, catechu, elixir of vitriol, &c., and above all, the cold bath.

Barrenness is often the consequence of grief, fear, anxiety, or the excitement of any of the pas-

sions which tend to obstruct menstruation. When barrenness is suspected to proceed from affections of the mind, the person ought to be kept as quiet and cheerful as possible; all disagreeable objects are to be avoided, and every method taken to amuse and entertain the fancy.

CHAPTER XV.

Temperance.

A respectable author observed that *temperance* and exercise were the two best Physicians in the world, and Doctor Buchan said he might have added, that if these were duly regarded, there would be little occasion for any other. Temperance may justly be called the parent of health, which is the foundation of all earthly enjoyment, and the greatest blessing human wishes can desire; and may by easy methods be preserved, and the journey of life pursued through all her varied scenes with rational delight. Yet by neglecting these means, a large proportion of blooming youth are cut down by the unrelenting scythe of

Death, and prematurely hurried to the grave

To an indifferent spectator, by the conduct of human beings, it would seem that health was the least valuable of all their possessions, and must be swapped away at any rate, and cbriety, plethora, pox, gout, palsy, rheumatism, erysipelas, consumption, and a train of hypochondriac affections received in exchange. So strange a creature is man, that health is thus trucked away for disease, and with it is often given a great deal of labor and money to boot. But no sooner is the transfer complete, than the inconsistent bargainer grows more uneasy than he was before ; sick, and tired, and disgusted with his new acquisition, he would give any thing to be off, and restored to his former state. But commonly his chapman holds him to his contract in the most rigorous manner, and refuses to release him upon any consideration whatever; though sometimes disease consents to a partial relinquishment of the passion gained over his person, upon condition of his doing constant homage to his sovereignty and paramount authority, and of his paying annual tribute to the utmost of his ability during his life.

Moralists have long deplored the rash precipitancy with which youth expends the choicest portion of its inheritance, and it has been the subject of medical research and precept from the days of HIPPOCRATES to the present time.

But the limits of this work will not permit us to mention every kind of intemperance; neither could we lay down any fixed rules as to diet and exercise, on account of the different constitutions of mankind. But the most ignorant, however, certainly know what is meant by intemperance or excess, and can do more towards preserving their own health, than the greatest physician in the world can in restoring it. The best things become hurtful, even destructive, when carried to excess. Hence we learn, that the highest degree of human wisdom consists in regulating our appetites, and governing our passions, so as to avoid all extremes. It is that chiefly which entitles us to the character of rational beings. The slave of appetite will always be the disgrace of human nature.

Youth are often hurt by excessive labor; sometimes through a foolish emulation which prompts

them to vie with one another, till they either ruin their constitution, or drop down dead.

Intemperance does not hurt its votaries alone; the innocent too often feel the direful effects of it. How many wretched orphans are to be seen enduring poverty, whose parents, regardless of the future, spent in riot and debauch what might have served to bring up their offspring in a decent manner? How often do we behold the miserable mother with her helpless infant pining in want, while the cruel father is indulging his insatiable appetite?

Families are not only reduced to misery, but even extirpated by intemperance. Nothing tends so much to prevent propagation, and to shorten the lives of children, as the intemperance of parents. The poor man who labors all day, and at night lies down contented with his humble fare, can boast a numerous offspring, while his pampered lord, sunk in ease and luxury, often languishes without an heir to his ample fortune. Even States and Empires feel the influence of intemperance, and rise or fall as it prevails.

EXPLANATORY TABLE.

Accoucheur.—One who officiates in Midwifery.

Catechu.—An extract prepared in India from the juice of the *Mimosa catechu* of Linnæus; powerfully astringent, and is particularly useful in hemorrhages. *Catamenia.*—The monthly discharge from the uterus of females.

Costiveness.—Obstruction in the bowels.

Emmenagogues.—Those medicines that possess a power of promoting the monthly discharge from the uterus.

Embryo.—The *fœtus in utero* is so called before the fifth month of pregnancy.

Fœtus.—A child perfectly formed in the womb.

Gestation.—The act of carrying a child in the womb.

Hemorrhage.—A flux of blood which is unnatural.

Lochia.—The serous discharge that takes place from the womb and vagina of women, during the first four days after delivery.

Menstruation.—The act of discharging the menses. *Mucus.*—A slime.

Pubis.—The forward bone between the hips.

Placenta.—The spongy mass, like a cake, that receives the blood from the uterus of pregnant women and conveys it to the fœtus, and returns it again to the mother.

Umbilical Cord.—The navel string.

Vagina.—The passage to the womb.

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Erratum.—On page 105, tenth line from the top, read, instead of, "she must be removed," &c., "she must *not* be removed."

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